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Disaster planning lacking: Senators

REPORT A Senate committee that complained four years ago about Canada's lack of disaster preparedness says things haven't improved much since. The committee on national security and defence has a new report that says there has been a lot of talk in government circles in recent years about getting ready for disasters, but not much action.

The senators say there's little money available to help local police, fire and medical units prepare and train for the aftermath of disasters. **THE CANADIAN PRESS**

Sports pg 18

Leafs move McCabe to Panthers

Weddings pg 39

The green alternative

TIFF pg 41

Film festival's tasty treats

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RYAN TAPLIN/FOR METRO CANADA FILE PHOTO

Cpl. Kris Evong from Porters Lake, N.S., is hugged by his wife, Kelly, as he kisses his son Gage, 2, as he prepares to deploy to Afghanistan in January 2007. Evong was one of about 120 soldiers who shipped out as part of Joint Task Force Afghanistan Rotation 3.

Debate rages on

LAURA EGGERTSON
for Metro Canada

As Canada approaches the tragic milestone of 100 soldiers killed in Afghanistan, voices across the country debate the rising costs, both human and economic, of a conflict that rivals the Second World War in length.

In October 2001, Canada joined the U.S.-led War on Terrorism by launching Operation Apollo in response to the attack on the Twin Towers in New York City. To date, more than 20,000 Canadian Forces personnel have served in Afghanistan's shifting sands, with some soldiers on their second or third tours of duty.

Canada has lost 93 soldiers, diplomat Glyn Berry, and aid workers Shirley Case and Jacqueline Kirk. Close to 300 other soldiers have been wounded in action.

"From an army as small as Canada's ... that's a lot of people," says Martin Shadwick, a defence analyst at York University.

"That's a considerable investment that has been made in life and limb, and certainly in national human treasure — and in money."

As of March 31, according to the Canadian Centre for Policy Alternatives, Canada has spent more than $7 billion on the war, including the cost of salaries, food and equipment for the troops. Those figures are based on the Defence Department's own budgetary Estimates to Parliament.

Those opposed to the war question whether Canada is meeting its own definitions of success.

"All of the arguments that we were told — restoring democracy, defending women's rights — none of these things have happened," says James Clark of the Toronto Coalition to Stop the War, a member of the Canadian Peace Alliance.

But other organizations, including Canadian Women for Women in Afghanistan, insist Canadians make a difference.

"Yes, it is worth it," says Janis Rapchuk, a board member of the Calgary-based organization.

She cites the increasing number of children in schools, and women taking human rights, literacy, computer and teachers' training.

MORE COVERAGE, P. 6-7

Dion shifting gears with 'green plan'

Stéphane Dion is moving to fine-tune his much-disputed carbon tax with up to $1 billion in promised aid for truckers, farmers, fishing boat owners and others who would feel the direct impact of higher fuel costs under the Liberal leader's environmental plan.

Stéphane Dion

Dion, who is in Winnipeg for a three-day caucus retreat, will today begin announcing changes to his Green Shift proposal, which Liberals admit has prompted alarm among some Canadians.

But the Liberal leader denied he is being forced to water down his proposed "green" strategy to make it saleable in the soon-to-be-launched election campaign.

"On the contrary, we will strengthen it," Dion said. "It will be better for the environment."

The Green Shift, Dion's signature election plank, combines plans to gradually increase federal taxes on fossil fuels (except gasoline) with a commitment to shift the extra revenues — totalling $15 billion over four years — back to Canadians in the form of income tax cuts and enhanced social programs.

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Police searching for sex assault suspect

Police are looking for a suspect after an 11-year-old boy was sexually assaulted last Friday while changing at the South Common Community Centre on South Millway. The suspect is described as a white man with a heavy build. He is balding with white hair, a white goatee and wears glasses. TORSTAR NEWS SERVICE

Local

Jailed ex-cop in court today

A former police officer who has spent the last six months in jail for refusing to testify at a judicial inquiry that he helped spark will be in a Toronto court today to hear how much longer he will remain behind bars. Perry Dunlop was convicted in December 2007 of civil contempt of court for refusing to give evidence at an inquiry probing the institutional response to allegations of a sexual abuse ring in the Cornwall, Ont., area. THE CANADIAN PRESS

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Tomorrow's Metro

Food

Columnist Barb Holland explores the world of delightful eats.

metronews.ca

What's online today.

Watch as friends and family gather in Nova Scotia to mark the ten-year anniversary of the crash of Swissair flight 111. Also, actor Jon Voight unleashes a tirade against Barack Obama at the Republican national convention

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Lotteries

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These results are not official.

United on teen suicides

Grieving GTA dads oppose use of antidepressants

This time last year, Mohamed Kajouji was nervously standing in a Carleton University corridor in Ottawa, hugging his only daughter goodbye.

So Kajouji kissed her and said he'd see her soon. In March, Nadia disappeared from campus. Six weeks later, her body was pulled from the Rideau River. She had committed suicide.

"It seems like another life," Kajouji said last week in his Brampton home.

This week, thousands of teens across the GTA will begin university, many leaving home for the first time.

One night, another grieving GTA father heard Kajouji on TV. Neil Carlin lives in Oakville. In 2007, his daughter Sara, 18, hanged herself in the basement of their home. A social and athletic teenager, she had struggled with depression for years. At the age of 17, she was put on an antidepressant: Paxil.

Carlin has now joined Kajouji in a renewed crusade against the use of antidepressants by teenagers.

TORSTAR NEWS SERVICE

Rise in teen suicides in U.S.

- A dramatic spike since 2003 may be part of an emerging trend in teen suicides, a new study has found. The study, entitled Suicide Trends Among Youths Aged 10 to 19 Years in the United States, 1996-2005, suggests several possible reasons for the increase, including the rise of social networking sites where people trade tips on suicide.

Keeping cool on first day

There are few things as nerve-wracking as trying to draw a response from a crowd of sleepy eighth graders.

No matter how hard they try, no adult will ever be cool enough. But the pressure didn't faze new teacher Melissa Mason, 26, at Sunny View Middle School in Brampton on the first day of school.

Keeping them interested on the first day has been relatively easy, she says yesterday evening, hours after her first day on the job is over. Keeping them engaged throughout the year will be up to her.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

Grade 3 student Zeana Gandi, 8, looks through the list of classes with dad Misara Gandi at Queen Victoria Public School yesterday.

City plan targets old highrises

Toronto can use its aging highrise apartment towers to curb climate change, create jobs and foster vibrant new neighbourhoods, says Mayor David Miller.

Miller's proposal to reinvigorate more than 1,000 apartment towers built in the 1950s, '60s and '70s has two prongs.

The first is environmental: The towers were built when energy was cheap.

"These are some of the city's most energy-inefficient buildings," Miller told reporters yesterday as he announced the plan.

The city will create a new office that will put landlords in touch with techniques developed at the University of Toronto for wrapping existing buildings in new layers of insulation.

TORSTAR NEWS SERVICE

News in brief

CLARIFICATION A savings account listing for President Choice Financial may have caused confusion about the rate on the Your Money page in yesterday's edition. The PCF Interest Plus Savings Account offers 3.05% interest. When the account balance falls to $1,000 or below, the rate switches to 1.00%.

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Cops concerned for missing man

Police are concerned for the safety of a 36-year-old missing man they say has the mental capacity of a child. Kevin Wilson was last seen yesterday at 8:45 a.m. near Midland Avenue and Ellesmere Road. TORSTAR NEWS SERVICE

Perils of frosh freedom

Many first-year students put studies on back burner

For students living away from home for the first time, an over-active social life may mean studying finds its way to the bottom of the "to-do" list.

Taryn Nicol, 23, found that her first year at Durham College in Oshawa, Ont., was one of her best years ever — frosh freedom was fabulous.

Her choice of college was based partly on the advertising program the school offered but also on the location.

"I wanted the experience of living away from home," said Nicol, whose hometown of Brampton was at least a two-hour commute, making living in residence a better option.

She had a great roommate, made new friends, met lots of guys who helped fine-tune her snowboarding skills and kept homesickness in remission with almost daily calls to her mom.

But fun times came with a hefty price tag: Her marks suffered.

J.P. MOCZULSKI/THE CANADIAN PRESS

Taryn Nicol, 23, checks her e-mail at her Brampton home. For students living away from home for the first time, a busy social life may mean studying finds its way to the bottom of the "to-do" list.

At the end of her first year she was faced with a difficult choice: Come up with money to repeat the courses she flunked or drop the program.

Nicol, together with her mom, decided she had to work in order to make some money and then head back to school with a better plan and a stronger study ethic.

Dr. Mark Berber, a lecturer in the psychiatry department at the University of Toronto who specializes in anxiety disorders and depression, said he has seen many first-year students experience the same hurdles that Nicol encountered.

"A lot of students think that they can get by with less and that is sometimes a mistaken belief based on the fact they were able to get by on less while they were in high school, where the amount of material was less and more easily managed," said Berber.

"When they go to university, they are in the major leagues ... sometimes the students don't realize that getting a university degree will not be obtained by being a slacker."

THE CANADIAN PRESS

Attacks still haunt York

It's a horrible nightmare: Being attacked while sleeping in the comfort of your own bed.

Almost a year ago, that horror became a reality for two women.

On Sept. 7, 2007, two men broke into six different York University dorm rooms, took turns raping two 19-year-old women in their dorm room beds and tried to attack a third.

This week, as thousands of students return to campus, there doesn't seem to be any sign of fear. But for Morrisa Silvert, who was living in Vanier when the rapes happened, it's a different story.

"I feel even worse now," said the third-year student. "When it happened, I tried really hard not to think about it a lot. As it went later and later through the year, I started to think about it more and more."

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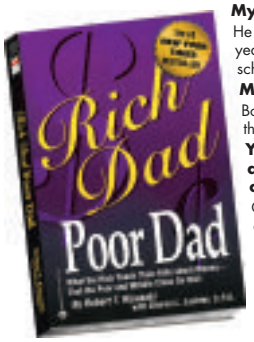

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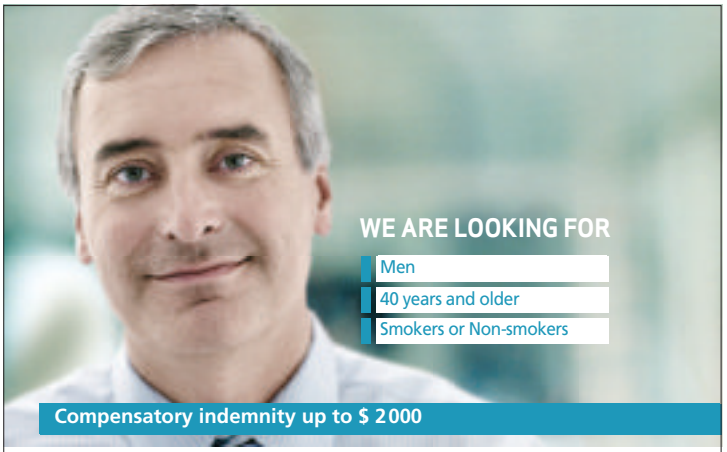

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Canada's Mission in Afghanistan

Challenging circumstances

Implications of Afghan customs on women's lives serious: Director

KATE CARRAWAY
for Metro Canada

Any military conflict will be riddled with underlying political and social issues, but some wars reveal and challenge tremendous and long-standing problems. Such is the case with women's rights in Afghanistan.

Lauryn Oates is a Vancouver-based project director with the Canadian Women for Women in Afghanistan organization and a freelance consultant on gender equity and human rights. When asked about the specific challenges that women in Afghanistan face, Oates says the implications of Afghan customs on women's lives are serious.

"Girls may not be permitted to study at the secondary level, or women may not be allowed to leave their homes unaccompanied by a male relative," she said. Oates added that most marriages in Afghanistan are forced and often imposed on young, pre-pubescent girls. Domestic abuse is also an ongoing, systemic problem.

DEPARTMENT OF NATIONAL DEFENCE PHOTO

Sgt. Roxanne Clowe from the Canadian Provincial Reconstruction Team visits with an Afghan woman and a child.

Oates believes hope exists, though.

"The lifting of the Taliban's many misogynist edicts changed things significantly," she said. "There were previously no girls in school except for a minuscule number in clandestine home schools, or attending schools in refugee camps in Peshawar. Now there are millions of girls back in school. Women can access health care now (they were forbidden from doing so under the Taliban) and primary health-care clinics are starting to expand to rural areas ... The Afghan economy is booming and women are finding small windows into economic participation, whether through micro-credit schemes or starting small businesses on their own."

Many Afghan women have also made the move to Canada. Oates says Canada has a large population of Afghans who have fled over the years (the recent conflict is not the first to force out the nation's women).

"Many who made it to Canada are from the elite, so some of the women were educated when they arrived, but others had to start life from scratch: Becoming literate, learning English, getting job skills. Fortunately, there are several agencies set up to help integrate Afghan women."

These positive elements counter the profound difficulties dealt to Afghan women.

"Some women have had traumatic experiences in Afghanistan and are afraid to go back," Oates said. "Others don't have the means to go back to visit family members. Many have a very legitimate fear of facing the violence persisting on the ground."

In the meantime, Afghan communities in Canada's major urban centres will attempt to provide the comforts of home while sheltering women from the human rights tragedies they've left behind.

Homecoming wave of relief

JEFF CUMMINGS
Metro Canada

Another homecoming is on the horizon for soldiers from Edmonton Garrison who were the first — and most recent — Canadians to die in support of this country's mission in Afghanistan.

The first wave of soldiers heading home from this latest mission in Afghanistan can expect a hero's welcome in Edmonton tomorrow night.

Near the beginning of Canadian involvement in Afghanistan, on April 18, 2002, four Edmonton soldiers were the first to die there in a well-publicized friendly fire incident. Four soldiers died and eight others were injured. Last month, four Edmonton-based soldiers died in Afghanistan, adding to Canada's count of 93 soldiers killed.

The relief will be felt across Edmonton as the soldiers begin coming home after this deployment.

DEPARTMENT OF NATIONAL DEFENCE PHOTO

Sgt. Frank Hudec from the Van Doos Royal 22nd Regiment walks in Kabul, Afghanistan, during Operation Athena.

As dust settles, resolve strong for father of fallen soldier

LINDSAY JONES
Metro Canada

As the death toll in Afghanistan nears the morbid milestone of 100, the father of one fallen soldier says it only strengthens his resolve.

Jim Davis, whose son Cpl. Paul Davis was the first to die under Canadian command in 2006, says 93 soldiers is an awful price to pay, but the Afghan people need the chance to live in peace.

"You do question yourself — am I too caught up in it, too emotional? But as the dust settles and the more I learn about the mission the more I become convinced. ... If we don't stay the course then we might as well pack it in from anywhere in the world and go home," said Davis, who is involved with the military peer support program Helping Others by Providing Empathy.

Paul Davis, 28, was killed March 2, 2006, when his light armoured vehicle collided with a taxi and flipped twice.

SUBMITTED PHOTO

Jim Davis of Bridgewater, N.S., and his son Cpl. Paul Davis, 28, who was killed March 2, 2006.

Davis recalls the phone call he received that day from a father who had recently received the same news.

"In a strange way, it gave me some hope. Here was a man who suffered the same loss I did and he could still pick up the phone and give me a call," Davis said.

That call eventually encouraged him to get involved with the military peer support program Helping Others by Providing Empathy.

Facts on Canada's Afghan mission

Currently serving: 2,500 Canadian Forces personnel in Afghanistan, part of the NATO-led International Security Assistance Force.

Past service: Close to 20,000 Forces personnel have served in Afghanistan.

Canadian deaths: 93 soldiers

Diplomats killed: Glyn Berry, as a result of a car bomb Jan. 15, 2006. when he was travelling southeast of Kandahar City.

Aid workers killed: Jacqueline Kirk and Shirley Case, Aug. 13, 2008.

Afghan civilians killed: The Canadian Defence Department does not keep figures on the number of Afghans killed or injured, says spokesperson Lt. Isabelle Riché. University of New Hampshire professor Marc Herold, tallying the deaths from public sources, puts the figures at 6,465 (conservative estimate) to 7,689 Afghan civilians killed as a direct results of U.S./NATO actions between October 2001 and Aug. 29, 2008.

Canadian soldiers injured: 280 wounded in action, as of Dec. 31, 2007; 395 non-battle-related injuries while serving in Afghanistan.

Full cost: $7 billion as of March 31, 2008, according to the Canadian Centre for Policy Alternatives, based on Defence Department Estimates; includes cost of feeding, transporting and equipping Canadian Forces' personnel.

Incremental cost (operational cost): $3 billion.

Duration of mission: The Harper government has said Canada will stay in Afghanistan until 2011.

Other coalition forces: 40 nations have contributed troops, including the United States, Germany, the United Kingdom, Australia and Italy.

Children in school: 7 million today, versus 1.2 million in 2001. Today, 2 million of those schoolchildren are girls, according to NATO's International Security Assistance Force.

Access to health care: Up to 83 per cent of Afghans have access to basic health care, according to NATO, versus 8 per cent in 2001.

LAURA EGGERTSON/
FOR METRO CANADA

General's words
"When a soldier steps on foreign soil in a high-risk environment, every single Canadian should be walking with him or her." — Former Chief of Defence Staff Gen. Rick Hillier. METRO NEWS SERVICES

Canada's Mission in Afghanistan

Canada's fallen heroes

A look back at those who paid the ultimate sacrifice between 2002 and 2008

Sapper Stephan Stock

Cpl. Dustin Wasden

Sgt. Shawn Eades

Master Cpl. Erin Doyle

Master Cpl. Joshua Roberts

Cpl. James Hayward Arnal

Pte. Colin William Wilmot

Cpl. Brendan A. Downey

Capt. Jonathan S. Snyder

Capt. Richard Steve Leary

Cpl. Michael Starker

Pte. Terry John Street

Sgt. Jason Boyes

Bombardier Jérémie Ouellet

Trooper Michael Y. Hayakaze

Cpl. Étienne Gonthier

Trooper Richard Renaud

Warrant Officer Hani Massouh

Cpl. Éric Labbé

Gunner Jonathan Dion

Pte. Michel Lévesque

Cpl. Nicolas R. Beauchamp

Cpl. Nathan Hornburg

Maj. Raymond Ruckpaul

Master Cpl. Christian Duchesne

Master Warrant Officer Mario Mercier

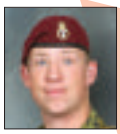
Pte. Simon Longtin

Capt. Jefferson Francis

Cpl. Jordan Anderson

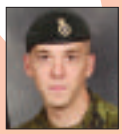
Capt. Matthew Johnathan Dawe

Master Cpl. Colin Bason


Cpl. Cole D. Bartsch

Pte. Lane Watkins

Sgt. Christos Karigiannis


Cpl. Stephen Frederick Bouzane

Pte. Joel Wiebe

Trooper Darryl Caswell

Master Cpl. Darrell J. Priede

Cpl. Matthew McCully

Master Cpl. Anthony Klumpenhouwer

Master Cpl. Allan Stewart

Trooper Patrick James Pentland

Sgt. Donald Lucas

Cpl. Brent Poland

Cpl. Christopher Stannix

Cpl. Aaron E. Williams

Pte. David R. Greenslade

Pte. Kevin V. Kennedy

Cpl. Kevin Megeney

Chief Warrant Officer Robert Girouard

Cpl. Albert Storm

Sgt. Darcy Tedford

Pte. Blake Williamson

Trooper Mark Andrew Wilson

Sgt. Craig Gillam

Cpl. Robert Mitchell

Pte. Josh Klukie

Cpl. Glen Arnold

Pte. David Byers

Cpl. Shane Keating

Cpl. Keith Morley

Pte. Mark Graham

Pte. William Cushley

Warrant Officer Frank R. Mellish

Warrant Officer Richard F. Nolan

Sgt. Shane Stachnik

Cpl. David Braun

Cpl. Andrew Eykelenboom

Master Cpl. Jeffrey Walsh

Master Cpl. Raymond Arndt

Pte. Kevin Dallaire

Sgt. Vaughan Ingram

Cpl. Bryce Keller

Cpl. Christopher Reid

Cpl. Francisco Gomez

Cpl. Jason Warren

Cpl. Anthony Boneca

Capt. Nichola Goddard

Cpl. Matthew Dinning

Bombardier Myles Mansell

Cpl. Randy Payne

Lt. William Turner

Pte. Robert Costall

Master Cpl. Timothy Wilson

Cpl. Paul Davis

Mr. Glyn Berry

Pte. Braun Woodfield

Cpl. Jamie Murphy

Cpl. Robbie Beerenfenger

Sgt. Robert Short

Cpl. Ainsworth Dyer

Pte. Richard Green

Sgt. Marc Léger

Pte. Nathan Smith

DEPARTMENT OF NATIONAL DEFENCE PHOTOS

Family of man beheaded on Greyhound bus files lawsuit

The family of Tim McLean, the man who was beheaded on a Greyhound bus, has filed a lawsuit against the bus line, the attorney general of Canada, and the man accused of the slaying, Vince Weiguang Li. THE CANADIAN PRESS

Canada

MacLean named CSA head

Steve MacLean, one of Canada's first astronauts, has been named the new president of the Canadian Space Agency. He said yesterday it's an exciting time to be at the helm of the space agency, shaping the future of space exploration and the technologies that drive it. THE CANADIAN PRESS

Premier wants fairness

A federal election has yet to be called, but Premier Dalton McGuinty is already outlining his plans for the campaign.

Emboldened by his easy re-election 11 months ago, McGuinty said he would hit the trail, "campaigning on behalf of Ontarians."

That means urging Conservative Prime Minister Stephen Harper, Liberal Leader Stéphane Dion and NDP Leader Jack Layton to right some wrongs that have long plagued Ontario.

"We'll be asking all the federal party leaders to put forward their position to how they're going to address the unfairness."
Premier Dalton McGuinty

"We'll be asking all the federal party leaders to put forward their position to how they're going to address the unfairness, which visits Ontarians to this very day," the Liberal premier said yesterday.

The province's main focus of grievances is in three contentious areas:

- Increasing Ontarians' employment insurance benefits to national levels. The average unemployed person in Ontario would receive an additional $4,630 annually if entitled to the same benefits as other Canadians. The shortfall costs Ontario workers $2.1 billion in benefits annually plus $478 million in training program funding.
- Immediately funding the Canada Health Transfer on a per capita basis in Ontario instead of phasing it in by 2014-15. This would inject an additional $733 million into the healthcare system in 2008-09.
- Creating a regional development scheme to help southern Ontario's ailing industries.

TORSTAR NEWS SERVICE

Tories' success undermines need for election: Critics

POLITICS Prime Minister Stephen Harper has been complaining for weeks that an obstreperous opposition is preventing his Conservative government from moving ahead with its agenda.

In fact, his has been one of the more successful minority governments in Canadian history — facts that undermine his argument that a $300 million federal election is needed to give his party a fresh mandate, critics say.

"I don't think serious analysts pay much attention to the argument that this in a dysfunctional parliament," said Barry Kay, associate political science professor at Wilfrid Laurier University in Waterloo.

Parliament can boast a legislative track record: there have been 65 bills passed by the House of Commons since the Conservatives formed government in January 2006.

"They want an election ... because the economy is going south," Kay said.

TORSTAR NEWS SERVICE

Would you sell your house to get the best education for your child?

Growing Minds Week

Find out how far parents are willing to go during *Growing Minds Week* on TVO.

September 14 to 20 starting at 7pm.

Check your local listings for details.

tvo
makes you think

Service remembers Swissair victims

One by one, family and friends placed single red and yellow flowers at a seaside memorial in a silent procession of grief yesterday for those lost in one of Canada's worst aviation disasters.

For 10 minutes, mothers, fathers, children and other relatives laid roses, chrysanthemums and mementoes at the base of a monument to the 229 people who died when Swissair Flight 111 plunged into the Atlantic Ocean 10 years ago.

"We feel like we've come home because our loved ones are here."
David Wilkins

Several relatives, their cheeks streaked with tears, ran their fingers across the names of loved ones carved into six granite panels that face out to the site off Peggy's Cove where the airliner went down on Sept. 2, 1998.

"See ya next time, brother," an emotional Chris Martin said as he swept his hand across his brother Joe's name while harpists playing softly in the background.

Some of the 100 or so mourners placed small heart-shaped stones taken from a nearby beach and painted by a local resident at the foot of the monument, one for every person who died on the flight bound for Geneva from New York.

Several family members said they were still struck by the generosity of people who live along the province's south shore and rushed to the scene that night, hoping to pull survivors from the sea.

"We feel like we've come home because our loved ones are here ... and we've been enriched by so many," said David Wilkins, who lost his 19-year-old son Monte in the crash.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

A family member places flowers at the Swissair Flight 111 memorial at Bayswater Beach, N.S.

Green Party's fight for spot in debate could go to court

POLITICS Green Party Leader Elizabeth May's fight to get a spot in the televised leaders' debates could wind up in the courts.

The Green Party has hired Toronto lawyer Peter Rosenthal to press May's case and is suggesting it could resort to legal action to make sure the party leader is able to join the four other political leaders for the election debates.

"The question is still up in the air, as we understand it, and the legal questions are pretty important. We want to have a focus on those. These are public airwaves. The airwaves belong to no private network," May said yesterday.

"The obvious thing we would have to do ... would be to seek an injunction to ensure the leaders' debates did not take place in my absence."

TORSTAR NEWS SERVICE

Case delay may benefit Tories

POLITICS Elections Canada has served notice it plans to introduce potentially damning information from an investigation of 2006 Conservative election advertising into a court case over the affair.

But a final argument from Elections Canada will likely not be entered in the court file until after the anticipated election date of Oct. 14., possibly benefitting the Tories.

THE CANADIAN PRESS

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Barrie Power Centre
Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd.
100 Great Lakes Dr.
10086 Hurontario St.
Airport & Hwy 7
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Centre

COBOURG
Northumberland Mall

COOKSTOWN
Cookstown Outlet Mall (kiosk)

DON MILLS
Two Park Centre

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave.
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St E

MISSISSAUGA
980 Eglinton Ave. E.
2800 Skymark Ave.
6965 Davand Dr.
Dixie Value Mall
Erin Mills Town Centre
Sheridan Centre
Heartland Power Centre
Square One Shopping Centre
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
170 Rimrock Rd.
2081 Steeles Ave. W.
Bayview Village
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hopedale Mall (kiosk)
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre
Steeple Hill Shopping Centre

RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre
Building A

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Eglinton Square
Kennedy Commons
Malvern Town Centre
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
The Promenade

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320 Queen St. W.
209 Danforth Ave.
2171 Queen St. E.
2256 Bloor St. W.
2323 Yonge St.
Brookfield Place
Centerpoint Mall
Chinatown Centre
College Park
Commerce Court
Cumberland Terrace
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Scotia Plaza
Toronto Life Square
Yorkdale (kiosk)

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Bodies of climbers identified

Police have identified two German men killed in an avalanche in Jasper National Park. Ulrich Bohne, a 39 year-old doctor, and Josef Rademacher, a 41-year-old police officer, were climbing a steep, icy slope when the snowslide occurred. THE CANADIAN PRESS

Tories plan auto cash

The Conservative government is expected to announce millions in federal funding today to help reopen an auto plant in southwestern Ontario.

Prime Minister Stephen Harper will be joined by his industry minister and a local MP at Ford's Essex plant.

Ford threw 900 people out of work when it shut the plant last year, but has been hoping to reopen it and produce environmentally friendly V8 engines.

While the Ontario government has already contributed $17 million to the project, the federal Conservatives have been critical of government subsidies for business.

Finance Minister Jim Flaherty — who will not be there for the announcement — has described Ontario's economic policy as a recipe for disaster and urged the province to cut taxes instead.

The announcement in the key electoral battleground of southern Ontario is one of more than a dozen spending commitments being made in the runup to an election call.

The Conservatives also announced more than $2 billion in unbudgeted spending in the runup to an anticipated election in early 2007. THE CANADIAN PRESS

Peterborough **Firefighter remembered**

CLIFFORD SKARSTEDT/THE CANADIAN PRESS

Members of Toronto Fire Services yesterday salute the casket of Peterborough paramedic/firefighter Steve Van Hemme who died in a motorcycle crash. 1,000 people attended the service.

Accused terrorist asks for disclosure

MONTREAL Armed with a Supreme Court ruling, lawyers for suspected terrorist Adil Charkaoui will ask the Federal Court today to order immediate disclosure of the evidence in his file.

In June, the Supreme Court of Canada slammed Canada's spy service for destroying the original evidence behind its allegation that the father of three is a terrorist.

Charkaoui's supporters say he faces deportation under a federal security certificate and risks torture if he is returned to Morocco.

THE CANADIAN PRESS

News in brief

TORONTO Angry investors who are at odds with a plan to restructure $32 billion worth of asset-backed commercial paper took their case to the Supreme Court of Canada yesterday. It was a last-ditch effort to block the process in its current form.

THE CANADIAN PRESS

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BEAUTY at the Bay

School bus driver guilty in death of child

A Calgary school bus driver pleaded guilty yesterday to careless driving in a collision last October that killed a nine-year-old girl. The side of the bus was torn off after the bus drifted onto the shoulder and hit a parked gravel truck. THE CANADIAN PRESS

B.C. anglers make big catch

Fishermen snag giant 300-kilo sturgeon from Fraser River

VANCOUVER It took Rod Toth and the four men he was guiding nearly three hours to wrestle a mammoth, 300-kilogram sturgeon to the shores of B.C.'s Fraser River, and only then did they realize the size of the giant fish they were chasing.

"I really didn't know until the end, but after about an hour and a half, I said, 'guys, we've got something special on here,"' says Toth, 40, who runs Bent Rods Guiding and Fishing Co. in Chilliwack, B.C.

"They can actually pull the boat around the river."

It was a beautiful day last week for a fishing trip on the Fraser, says Toth, and the four men in the boat were all out-of-towners, three of them tackling the river for the first time.

They baited their first hook of the day with a piece of salmon, and quickly had a bite.

"It actually felt like it hooked up on bottom at first, and then slowly it started to move and off it went," says Toth.

The men took turns trying to reel up the giant fish, pulling the sturgeon close to the surface only to have it dart back down to the bottom.

That went on for two hours, 45 minutes.

"We were all tired," says Toth. "It's painstaking with that big a fish. It goes on and on.

"When we got it, we had three guys grabbing its mouth and one fellow grabbed its fins and kept it so it could breath water, so we very slowly took it to shore."

It wasn't until then that Toth and his group were able to get a good look at the prehistoric beast, which at three metres long and 1.4 metres around was the largest fish Toth has ever caught.

THE CANADIAN PRESS

Arrests made in cockfighting ring

SURREY, B.C. Five Metro Vancouver men are facing charges after police shut down what they say was the largest cockfighting ring in Canada.

Three of the five men were to appear in court yesterday for a bail hearing and warrants have been issued for the arrests of two other suspects.

Police say all the men are believed to be connected to three properties raided on Feb. 27 and the destruction of nearly 1,300 fighting birds.

THE CANADIAN PRESS

News in brief

CALGARY The federal government is acknowledging the sacrifice of Canadian soldiers who helped test atomic weapons during the Cold War.

About 700 Canadian military personnel took part in almost 30 nuclear weapons trials in the United States and the South Pacific between 1946 and 1963.

THE CANADIAN PRESS

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U.S. releases three from Guantanamo Bay
The U.S. military has released three more detainees from its prison camp at Guantanamo Bay, Cuba. The U.S. Defence Department said yesterday it transferred one prisoner to Pakistan and two to Afghanistan. THE ASSOCIATED PRESS

World

Thai PM hanging on

Thailand's embattled Prime Minister Samak Sundaravej struggled to keep the peace and his grip on power yesterday after declaring a state of emergency that was openly flouted by thousands of anti-government protesters in the capital. THE ASSOCIATED PRESS

Bush praises McCain at RNC

U.S. President George W. Bush passed the Republican torch yesterday to his successor, calling John McCain "a great American and the next president of the United States."

McCain's understanding of the lessons of Sept. 11 and his support for the war in Iraq make him ready to be the nation's next commander-in-chief, Bush said via satellite from Washington to the Republican convention in St. Paul, Minn.

"We live in a dangerous world," Bush said. "To protect America, we must stay on the offence, stop attacks before they happen and not wait to be hit again. The man we need is John McCain."

The president was introduced to cheering delegates by his wife, Laura Bush.

He told the crowd he couldn't be there in person because of hurricane Gustav, which hit the Gulf Coast earlier this week. THE ASSOCIATED PRESS

Palin scrutinized

- New revelations have raised more questions about Alaska Gov. Sarah Palin. It has been reported that she accepted at least $4,500 US in campaign contributions in the same fundraising scheme at the centre of a scandal that led to the indictment of Senator Ted Stevens.

FEREN LUKATSKY/THE ASSOCIATED PRESS

Georgian refugees receive free bread at a refugee camp in Gori, Georgia.

Putin vows response to NATO

BLACK SEA Prime Minister Vladimir Putin said yesterday that Russia will respond calmly to an increase in NATO ships in the Black Sea in the aftermath of the short war with Georgia, but promised that "there will be an answer."

Meanwhile, President Dmitry Medvedev warned the West that it would lose more than Moscow would if it tried to punish Russia with sanctions over the war with Georgia.

Russia has complained that NATO has too many warships in the Black Sea. Russia's reaction to NATO ships "will be calm, without any sort of hysteria," Interfax quoted Putin as saying. THE ASSOCIATED PRESS

After Gustav, will people heed warnings next time?

GULF COAST Millions fled the Gulf Coast in fear of hurricane Gustav, billed as the apocalyptic "mother of all storms." It didn't deliver. Now, with three other storms lining up in the Atlantic, some fear people might not listen next time.

As the first of the two million people who fled Gustav began to trickle home yesterday from shelters, many grumbled about the food, the heat, the overcrowding, the uncertainty and the frustrating wait for the all-clear. Some evacuees, particularly in Texas, on the far fringes of the storm's path, suggested authorities overreacted in forcing them to leave their homes.

Emergency officials defended the decision to evacuate coastal areas, saying that with something as unpredictable as a hurricane, it is better to be safe than sorry — a lesson driven home by Katrina, which killed 1,600 people in 2005. THE ASSOCIATED PRESS

News in brief

PHILADELPHIA Louis and Gerald Garzone, two brothers who ran a Philadelphia funeral home, have pleaded guilty to selling corpses to a company that trafficked in stolen body parts.

DEATH Ike Pappas, a CBS newsman who was steps away from presidential assassin Lee Harvey Oswald when he was fatally shot, and reported the chaos live on the air, has died at age 75. THE ASSOCIATED PRESS

Josephine becomes latest named storm of the Atlantic season

The U.S. National Hurricane Center says Josephine — the 10th named storm of the Atlantic hurricane season — is about 270 kilometres southeast of the Cape Verde Islands. Forecasters say it could gain hurricane strength by today or tomorrow. THE ASSOCIATED PRESS

Ex-U.S. attorney general mishandled classified data, Justice report reveals

U.S. A U.S. Justice Department report scolds former attorney general Alberto Gonzales for mishandling highly classified documents about an eavesdropping program and interrogating terror detainees — two of the U.S. administration's most sensitive counter-terror efforts.

The report says Gonzales failed to store the documents in the proper secure facilities, allowing unauthorized employees to gain access to them, and at one point took them home.

The report released yesterday also says he stored them in his briefcase because he did not know the combination to the safe at his house.

Justice Department Insp.-Gen. Glenn Fine referred the security breach to the department's National Security Division. But the reports says prosecutors there declined to bring charges against Gonzales. THE ASSOCIATED PRESS

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MANISH SWARUP/THE ASSOCIATED PRESS

Villagers wade through flooded waters towards safer areas near Saharsa, about 280 kilometres northeast of Patna, India. Indian authorities rushed doctors and medical equipment to flood-devastated northern India on Monday to ward off outbreaks of disease.

India mounts relief effort after flood

Hungry villagers rioted, desperate families swam for their lives and chaos spread across a wide swath of flooded plains in northern India yesterday as authorities mounted one of the country's largest relief efforts.

Soldiers and aid workers scrambled to reach hundreds of thousands of people still stranded on rooftops, trees and specks of dry land more than two weeks after monsoon rains caused the Kosi River to overflow its banks and turn hundreds of square kilometres of Bihar state into a giant lake.

The road linking Saharia village to the rest of the hard-hit Saharsa district washed away Monday. Those who could braved the fast-flowing, neck-deep water, carrying bicycles above their heads and bags of clothes on their shoulders. Some swam out into the stream, dragging frightened cattle after them.

"The water came on Saturday, and since then no government officials have come to us," said Ram Bachan Rai, 60, a Saharia resident.

The army sent more than 5,000 soldiers to join rescue efforts, while officials said more than half of the 1.2 million stranded had been rescued.

Officials did not yet have a precise tally of those killed by the flooding, but estimates ranged from mere dozens to thousands of people.

The relief effort was the first to deploy all three branches of India's military — the army, navy and air force, said Prataya Amrit, a top disaster management official in Bihar. With the extra forces, officials hoped to complete the rescue phase of operations in two days, Amrit said.

But even as attention turned to housing and feeding the refugees, relief efforts were haphazard amid the chaos.

New areas were cut off, posing fresh challenges to rescuers. Strong currents hampered their work, with the military being extra cautious after one of its boats capsized and killed 19 people. THE ASSOCIATED PRESS

Waiting game

- Officials say the flooding is expected to continue until November, when the last of the monsoon rains taper off. Only then will workers be able to plug the breach in the Kosi River.

Weakened Hanna lashes Bahamas, still threatens U.S.

STORM Hanna slumped to tropical storm strength while grinding away at the Bahamas and other Atlantic islands yesterday, but forecasters said it still poses a hurricane threat to the U.S. East Coast.

The storm snapped trees and kept Providenciales, capital of the Turks and Caicos islands, without power. It also hurled rains that caused flooding across Cuba, Haiti and Puerto Rico.

Hanna's maximum sustained winds slipped to 110 kilometres an hour, but the U.S. National Hurricane Center said it could regain hurricane strength of 119 km/h within a day. Forecasters say it could hit the U.S. by Friday or Saturday. THE ASSOCIATED PRESS

Testimony ordered in Dubai sex trial

HEARING A British couple on trial for allegedly having sex on a Dubai beach asked Judge Hamad Abdul Jawad yesterday for a "quick ruling" that would let them return home.

But Jawad disregarded the request and scheduled a hearing for Sept. 9 to hear testimony from the policeman who arrested Michelle Palmer and Vince Acors. THE ASSOCIATED PRESS

Magellan Aerospace to beef up Winnipeg plant
Magellan Aerospace says it will invest up to $120 million in its Winnipeg Bristol Aerospace plant to gear up for the U.S.-led Joint Strike Fighter program. Magellan has been making components for the program for the past five years. THE CANADIAN PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Oil prices tumble

Relief in sight at pumps, says gas watcher

There may be some relief for Canadians fed up with pricey fuel, as crude oil, the main ingredient in gasoline, continued its steep decline yesterday.

Crude prices have fallen 25 per cent since mid-July, when it hit an all-time high of $147 US a barrel. Oil settled at $109.71 in New York yesterday, after dipping as low as $105.46.

Gasoline prices in Canada have also fallen since July when the price of a litre of gas hit a record $1.40.

"I expect gas prices to decline through the fall and winter."
Jason Toews

Gasoline was just over $1.32 per litre this past week, 4 per cent higher than the previous week's $1.27, as Canadians rushed to squeeze in one last road trip, said Jason Toews of the price-tracking website Gasbuddy.com.

"I expect gas prices to decline through the fall and winter, probably seeing the lowest prices of the year in December," he said. "I wouldn't be surprised to see gas prices go down to around the $1 per litre mark." THE CANADIAN PRESS

Feds to give cash for Ford plant?

FACTORY The Conservative government is expected to announce millions in federal funding today to help reopen Ford's Essex plant in southwestern Ontario. THE CANADIAN PRESS

Business in brief

COSMETICS Shoppers Drug Mart Corp. says it will unveil a new beauty-products store called Murale in November. It will sell dermatological, beauty, fragrance and niche brands, and will debut new lines previously unavailable in Canada.

CHEAP CAR Tata Motors has suspended work indefinitely at its West Bengal Nano plant in India that is building the world's cheapest car, following violent protests by farmers demanding the return of their land. METRO NEWS SERVICES

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Volvo Cars names new chief executive

Volvo Cars has appointed Stephen Odell as its new president and chief executive officer, effective from Oct. 1, the Ford-owned company said yesterday. Odell will replace Fredrik Arp, who has decided to leave the company, Volvo said. THE ASSOCIATED PRESS

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Stuffed toy modelled on designer

FASHION Ever felt like cuddling up with Karl Lagerfeld?

A German company is making a high-style teddy bear modelled on the Paris-based fashion designer, right down to his white-collared shirt and jet black tie.

Lagerfeld bear

The Steiff company got Lagerfeld's blessing to design the bear. It will be offered in a limited edition of 2,500 at a price of about $1,550 per bear from Sept. 15. THE ASSOCIATED PRESS

Virgin eyeing London's Gatwick

AIRPORT Virgin Atlantic Airways, controlled by billionaire Richard Branson, said yesterday it would be interested in bidding for London's Gatwick Airport if Britain's competition watchdog forces airports operator BAA to sell three airports next year. THE ASSOCIATED PRESS

Deere closing plant

800 workers affected at farm equipment giant

Ontario's reeling manufacturing sector took another big hit yesterday as farm equipment giant Deere & Co. revealed the closure of its major plant in Welland and the elimination of about 800 jobs.

Workers strode out of the plant in shock after senior executives of U.S.-based Deere halted production for the day and told them the company will gradually shut down operations by the end of November next year.

"The John Deere plant is a world class operation."
Hemi Mitic

"This is absolutely devastating for the people there and the whole Niagara region," said Hemi Mitic, a top official for the Canadian Auto Workers. "The John Deere plant is a world-class operation."

The Deere closure comes as Prime Minister Stephen Harper plans to announce funding for a GM project in nearby St. Catharines and a Ford plant in Windsor during a pre-election swing in the province this week.

Deere, the world's leading farm equipment manufacturer, will move output of grass mowers and front-end tractor loaders to two plants in Mexico and transfer production of utility vehicles to an operation in Wisconsin. Layoffs will start in February. TORSTAR NEWS SERVICE

Russia, Uzbekistan set to build gas pipeline

CONTROL Russia and Uzbekistan plan to build a new natural gas pipeline across Uzbekistan, strengthening Russia's bid to establish control over Central Asian gas exports to the West.

Russian Prime Minister Vladimir Putin said the pipeline will be built to "serve the growing export potential" of Uzbekistan and neighbouring Turkmenistan.

The pipeline will pump Turkmen and Uzbek gas into Russia's pipeline system, which Russia will re-export to Europe. Between 26 billion to 30 billion cubic meters will be pumped along the route annually.

The project, under discussions for months, will strengthen Moscow's hold over Central Asian gas, and undermine Western-backed efforts for a rival trans-Caspian route. THE ASSOCIATED PRESS

In brief

BEER Two former InBev executives who have started their own company in Canada are partnering with Brick Brewing Co. to import craft beers from Palm Breweries, Belgium's largest independent brewer.

U.S. ECONOMY U.S. manufacturing activity slipped in August and construction spending dropped to the lowest level in seven years in July as consumer spending and housing show no signs of reviving, the Institute for Supply Management said yesterday. METRO NEWS SERVICES

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MLB
Red Sox ace Josh Beckett is set to rejoin Boston's rotation Friday night in Texas. Beckett, 11-9 with a 4.34 ERA this year, hasn't pitched since Aug. 17 because of an inflamed right elbow. THE ASSOCIATED PRESS

Sports

Top CFL rushers swapped

The B.C. Lions and Winnipeg Blue Bombers officially completed their long-rumoured blockbuster deal involving former CFL rushing leaders yesterday. The Lions sent Joe Smith, left, the league's leading rusher last season, to Winnipeg for Charles Roberts, a perennial 1,000-yard rusher in the CFL. The Canadian Press

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Blue Jays eyeing Gillick?

World championship architect may not retire: Source

YorkReport

marty.york@metronews.ca

Decision-makers in the Blue Jays' hierarchy are seriously thinking of going back to the future.

Again.

Sources tell Metro the Jays' ownership is privately pondering the idea of bringing back Pat Gillick to Toronto after this season. Gillick would either work directly under or replace his longtime friend, Jays president Paul Godfrey.

And before you go off snickering about this, I'll remind you that these same sources told us back on May 13 that Cito Gaston was a possibility to be rehired as the Jays' manager. That was five weeks before it actually happened. (Look that up at metronews.ca if you'd like a reminder.)

Gillick, of course, was the Jays' general manager during their halcyon days, including their World Series years in 1992 and 1993. He is planning to retire as the Philadelphia Phillies' GM after this season.

As MLB insider Ken Rosenthal reported recently, though: "Gillick is a baseball lifer. Even though he is 71, few envision him walking away."

Godfrey's contract expires after the season. J.P. Ricciardi's pact as the Jays' GM runs through 2010 but, as Rosenthal reported, he's "in trouble. He creates problems for himself with his bluntness, and in six seasons has yet to produce a playoff team, even though ownership has increased payroll to nearly $100 million."

• The aforementioned sources whispered the Jays also are ending their long-term affiliation with Syracuse and may move their triple-A franchise to Columbus, Ohio. Buffalo would make sense, too ... The careers of Jeff Kent and Frank Thomas, ex-Jays and future Hall of Famers, appear to be over because of surgeries required on their knee and quad, respectively ... Another Hall of Fame shoo-in, the St. Louis Cardinals' Albert Pujols entered last night needing to drive in only nine runs to become the third hitter in MLB history to record 100 RBIs in his first eight seasons. He'd join the select company of Ted Williams and Al Simmons and would surpass Joe DiMaggio.

• Ricky Williams is back as the Miami Dolphins' main running back but he simultaneously is studying osteopathy and plans to become a doctor.

Williams said: "I like to make people feel better," something he did for the Argonauts — only after he left them.

• The Argos' Arland Bruce III has been fined by the CFL for the Spider-Man mask he wore (not cool, not funny) after a touchdown in Hamilton Monday ... The Winnipeg Blue Bombers will sign former Tiger-Cat quarterback Timmy Chang ... Don't be surprised if Charlie Taaffe will soon be Hamilton's former coach.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Fancy footwork

• Oddsmakers are listing former NFLer Warren Sapp as a 30-to-1 longshot to win the next edition of Dancing With The Stars season. Close behind him, at 40-to-1, is 82-year-old actress Cloris Leachman.

Jays building up some positives

Blue Jays 7 Twins 5

MLB Cito Gaston isn't interested in playing the spoiler's role this month. No, what the Blue Jays manager would rather see his team do during the remaining days of this season of unmet expectations is build some positives to take into 2009.

Lyle Overbay took a step in that direction last night, ripping a go-ahead, two-run shot in the sixth inning of a 7-5 comeback victory over the Minnesota Twins, who are fighting for first in the AL Central.

The first baseman's 12th homer of the season capped a rally from a 5-1 deficit, helping the Blue Jays win their third straight game and match a season-high at five games over .500 before a crowd of 21,254.

The drive off Boof Bonser came on a rough night for the Twins, who lost for the seventh time in 10 games. They built a big lead early against rookie starter David Purcey but couldn't hold on as the Blue Jays pecked away at Glen Perkins, highlighted by back-to-back homers by Jose Bautista and Alex Rios, who each had four hits, in the three-run fifth. THE CANADIAN PRESS

TONY BOCK/TORSTAR NEWS SERVICE

Blue Jays starting pitcher David Purcey failed to stop Minnesota Twins baserunner Joe Mauer from scoring on a wild pitch in the third inning, but Toronto battled back to earn the victory.

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Racing

Dario Franchitti, left, will leave NASCAR and return to IndyCar in 2009 as the replacement driver for Dan Wheldon at Chip Ganassi Racing. Franchitti won the 2007 IndyCar Series championship and the Indianapolis 500, but left open wheel for NASCAR at the end of the season. THE ASSOCIATED PRESS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	84	52	.618	—
Boston	81	57	.587	4
N.Y. Yankees	74	64	.536	11
TORONTO	**71**	**66**	**.518**	**13½**
Baltimore	63	75	.456	22

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	77	61	.558	—
Minnesota	77	61	.558	—
Cleveland	67	70	.489	9½
Detroit	66	72	.478	11
Kansas City	57	79	.419	19

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	84	53	.613	—
Texas	67	72	.482	18
Oakland	63	74	.460	21
Seattle	54	83	.394	30

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	77	61	.558	—
Philadelphia	76	63	.547	1½
Florida	70	68	.507	7
Atlanta	59	79	.428	18
Washington	53	86	.381	24½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	85	53	.616	—
Milwaukee	80	57	.584	4½
St. Louis	74	64	.536	11
Houston	72	66	.522	13
Cincinnati	61	77	.442	24
Pittsburgh	58	79	.423	26½

WEST DIVISION

	W	L	PCT	GB
Arizona	70	67	.511	—
L.A. Dodgers	68	70	.493	2½
Colorado	65	74	.468	6
San Francisco	59	78	.431	11
San Diego	53	84	.387	17

YESTERDAY'S RESULTS

AMERICAN LEAGUE

TORONTO 7 Minnesota 5
Boston 14 Baltimore 2
Cleveland 9 Chicago W. Sox 3
L.A. Angels 5 Detroit 4
N.Y. Yankees 7 Tampa Bay 2
Seattle at Texas
Oakland at Kansas City

NATIONAL LEAGUE

Philadelphia 4 Washington 0
Pittsburgh 3 Cincinnati 2
Atlanta at Florida
N.Y. Mets at Milwaukee
Houston at Chicago Cubs
San Francisco at Colorado
St. Louis at Arizona
San Diego at L.A. Dodgers

TODAY'S GAMES

AMERICAN LEAGUE

Chicago Sox at Cleveland, 12:05
Baltimore at Boston, 1:35
Seattle at Texas, 2:05
L.A. Angels at Detroit, 7:05
Minnesota at **TORONTO**, 7:07
N.Y. Yankees at Tampa Bay, 7:10
Oakland at Kansas City, 8:10

NATIONAL LEAGUE

Atlanta at Florida, 1:10
N.Y. Mets at Milwaukee, 2:05
San Francisco at Colorado, 3:05
St. Louis at Arizona, 3:40
Philadelphia at Washington, 7:10
Pittsburgh at Cincinnati, 7:10
Houston at Chicago Cubs, 8:05
San Diego at L.A. Dodgers, 10:10

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	6	3	0	12
TORONTO	**4**	**5**	**0**	**8**
Hamilton	2	7	0	4
Winnipeg	2	7	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	7	2	0	14
Edmonton	6	3	0	12
Calgary	5	4	0	10
B.C.	4	5	0	8

WEEK 11

FRIDAY'S GAME

Calgary at Edmonton, 9

SATURDAY'S GAME

B.C. at Hamilton, 4

SUNDAY'S GAMES

TORONTO at Montreal, 1
Saskatchewan at Winnipeg, 4

SOCCER

GAMES FEATURING TORONTO FC:

SATURDAY'S GAME

CD Chivas USA at **TORONTO**, 4

Leafs finally done blue-line makeover

McCabe shipped to Panthers for Van Ryn

Bryan McCabe is the only Maple Leaf defenceman to be targeted for trade by general manager Cliff Fletcher in the off-season.

Yet when the team reassembles for training camp Sept. 19, the defence will be a much-revamped unit. With 10 players vying for six jobs, the competition should be lively after Fletcher set his eye on a younger, bigger, tougher puck-moving blue-line.

"It's a real plus," Fletcher said of the number of NHL-calibre defencemen he'll have in camp after McCabe was finally, officially, traded to Florida yesterday along with a fourth-round draft pick for defenceman Mike Van Ryn. "It's funny, but at the trade deadline everybody was scrambling to come up with defencemen.

"We have 10 we really like."

McCabe was relieved to finally have the deal finalized.

"It's not fun being in limbo when you have two kids and a wife. We're really excited to get down here," he told the Florida media.

McCabe became a scapegoat for fans as the Leafs struggled and his performance dipped after he signed a five-year, $28.75 million US contract in 2005-06.

"(Toronto's) a tough place to play, especially when you're losing," said McCabe. "But when you're winning, it's one of the best places to play."

Dealing McCabe, who waived his no-trade clause, gives the team salary cap flexibility. McCabe will take up $5.75 million under Florida's cap for each of the next three years. Van Ryn will only take up $2.9 million for each of the next two years under Toronto's cap.

But Fletcher had no choice but to revamp the blue-line. When it came to defensive zone coverage the Leafs were horrible last season.

The Leafs were:

- 27th of 30 teams in surrendering 256 goals.
- 23rd in the league in plus-minus at minus-12.
- 29th in penalty killing.

TORSTAR NEWS SERVICE

Predators elect to suspend Radulov

NHL The Nashville Predators are moving forward without Alex Radulov.

The NHL team announced yesterday that it had suspended the Russian indefinitely without pay after Radulov let a Sept. 1 deadline pass without informing the Predators of his future plans.

Radulov signed a deal with Ufa in Russia's Continental Hockey League over the summer even though he had one year remaining on a contract with Nashville.

Capitals to retire Gartner's jersey

NHL The Washington Capitals have decided to raise Mike Gartner's No. 11 to the rafters at Verizon Centre.

A ceremony for the Hockey Hall of Famer will be held before a Dec. 28 game against the Maple Leafs — another of his former teams.

Gartner, drafted fourth overall by Washington in 1979, ranks second in Capitals history in goals (397), assists (392) and points (789).

THE CANADIAN PRESS

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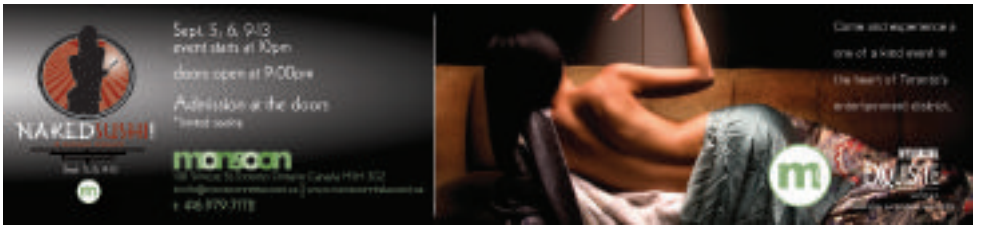

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Golf

Tiger Woods' wife Elin, right, is pregnant with their second child. Woods, out for the year after having knee surgery, said on his website yesterday that Elin is expecting in late winter without being more specific on a due date. THE ASSOCIATED PRESS

Federer grinds way into Open quarters

Star Swiss pushed to brink by Andreev

Roger Federer turned things around right when he had to and stayed on track for what he hopes will be a fifth consecutive U.S. Open title.

Playing poorly, and facing an opponent who couldn't miss for long stretches, Federer came back to beat 23rd-seeded Igor Andreev of Russia 6-7 (5), 7-6 (5), 6-3, 3-6, 6-3 last night to reach the quarterfinal at the year's last Grand Slam tournament.

Federer extended his U.S. Open winning streak to 31 matches. He'll now attempt to make the semifinal at an 18th consecutive major tournament, up against qualifier Gilles Muller, a 6-4, 4-6, 6-3, 7-6 (10) upset winner over No. 5 Nikolay Davydenko.

Also into the quarter-final is third-seeded Novak Djokovic, who overcame hip, ankle and stomach ailments yesterday to outlast Spain's Tommy Robredo 4-6, 6-2, 6-3, 5-7, 6-3.

CHARLES KRUPA/THE ASSOCIATED PRESS

Roger Federer of Switzerland was forced to work hard last night to earn a five-set victory over Igor Andreev of Russia at the U.S. Open.

On the women's side, second-seeded Jelena Jankovic of Serbia defeated No. 29 Sybille Bammer of Austria 6-1, 6-4 last night to reach the semifinals.

Earlier, fifth-seeded Elena Dementieva also made the semis, beating No. 15 Patty Schnyder 6-2, 6-3.

THE ASSOCIATED PRESS

No. 1 Ochoa calls LPGA's English rule 'drastic'

GOLF Lorena Ochoa of Mexico says a new LPGA Tour policy requiring players to be effective in English starting in 2009 is a "little drastic."

Ochoa, the No. 1 player in women's golf, says golfers are better judged by their performance.

She was asked at a charity event in her hometown of Guadalajara yesterday if she thought the new policy discriminated against international players.

"That is a very strong word. I wouldn't want to use it," said Ochoa, who speaks English. "But I do think it is a little drastic."

There are 121 international players from 26 countries on the LPGA Tour, including 45 players from South Korea.

THE ASSOCIATED PRESS

Do you suffer from psoriasis?

Allied Research International is seeking people with psoriasis to participate in a clinical research study testing an investigational medication for the treatment of psoriasis.

You may qualify to participate if you:

- Are between 18-60 years of age
- Have at least mild to moderate psoriasis

Qualifying participants will be compensated up to $3,780 upon study completion.

For more information, call:
Sufyan Zafar, MD at 905-238-0599 ext. 2229
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TORONTO

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for the Toronto Port Authority

Mayor David Miller and Toronto City Council invite and encourage you to contribute your time and skills to the City.

The City of Toronto is looking for a Toronto resident to fill a vacant position on the Toronto Port Authority (TPA) Board of Directors for a 3-year term. The Board of Directors is responsible for the management of the activities of the Port Authority and for regulating navigation within the harbour. The TPA is a federal public authority providing transportation, distribution and storage container services to businesses. The TPA owns and operates the Toronto City Centre Airport, Marine Terminals 51 and 52 and the Outer Harbour Marina.

To qualify for this board appointment, you should have:

- recognized experience in one of the following areas: the transportation industry, the business community or legal, and
- an understanding of the City's interests.

Who can apply?

You must be a resident of Toronto, at least 18 years old, and not an employee of the City or its agencies, nor the spouse, child or parent of a City Councillor. Section 16 of the Canada Marine Act sets out requirements for directors of a port authority.

Women, young adults 18-30, people with disabilities, Aboriginal/ First Nations people, and members of racial minorities are especially encouraged to apply.

How do I get information and applications?

- download information and an application from the City website: www.toronto.ca/public-appointments, or
- pick up an application kit from the City Clerk's Secretariat Offices at Toronto City Hall, Scarborough, Etobicoke and North York Civic Centres or
- call Access Toronto at 416-338-0338 or TTY 416-338-0TTY (0889) for information or to ask for a kit by mail or
- pick up kits and talk to staff at a drop-in information session

DROP-IN INFORMATION SESSION

Tuesday, September 9, 2008, City Hall, 2nd Floor, Committee Room 4, from 5:30 p.m. to 7:00 p.m.

Application deadline: Wednesday, September 17, 2008 at 4:30 p.m. Instructions for returning your completed application are listed at the top of the application form.

If you have special needs such as sign language interpretation or if you have questions about the application process, please let us know: e-mail appoint@toronto.ca or call Access Toronto at 416-338-0338 or TTY 416-338-0TTY (0889)

Diversity Our Strength

NFL

In spite of being forced to flee ahead of hurricane Gustav, the New Orleans Saints will still be able to host the Tampa Bay Buccaneers on Sunday. THE ASSOCIATED PRESS

Jags lineman shot

Collier sustains life-threatening injuries

Jacksonville Jaguars offensive tackle Richard Collier was shot and critically wounded outside an apartment building early yesterday morning as he and a former teammate waited for two women they had met at a nightclub, police said.

Collier, 26, and former Jaguars defensive end Kenneth Pettway were waiting in a Cadillac Escalade when a gunman fired into the vehicle, said Jacksonville Sheriff's Office spokesman Ken Jefferson. Collier was shot several times, but it wasn't clear where he was hit.

Collier

Collier was in critical condition at Shands Jacksonville Medical Center, a nursing supervisor said early yesterday. Later, spokesman Chris Turner said the hospital was no longer giving updates on Collier's condition. There are a variety of reasons that can happen, such as a request by relatives.

Several Jaguars, including running back Maurice Jones-Drew, offensive tackle Khalif Barnes and linebackers Mike Peterson and Clint Ingram gathered at the hospital. Others convened at Jacksonville Municipal Stadium, all of them concerned about their teammate and friend.

"The guys are in shock," Pro Bowl running back Fred Taylor said. "You see this kind of thing happen all the time on TV, but you never expect it in your own back yard.

"He's a good dude. I just pray for him and his family and wish the best for them. I'm sure he'll pull through."

THE ASSOCIATED PRESS

UFC, Couture kiss and make up

MMA Tired of battling the UFC in court, Randy Couture has returned to the mixed martial arts organization and will defend his heavyweight title against former pro wrestler Brock Lesnar at UFC 91 in Las Vegas on Nov. 15.

The 45-year-old Couture (15-8) and the UFC had been embroiled in legal battles over his contract. The heavyweight had cited problems with UFC management and the organization's inability to set up a fight with Russian star Fedor Emelianenko when he announced what he called his resignation from the UFC last October.

Couture said yesterday he had cleared up "a lot of" his concerns with UFC management.

THE CANADIAN PRESS

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Living colour The view from Dorset's Scenic Lookout Tower in Algonquin Park is not to be missed for great fall colours. Take an hour to hike Tower Trail, which loops through a beautiful mixed forest from the top of the lookout hill to the base, and back up again. Robinson's General Store has been in operation since 1921 and is a pleasant diversion en route. ONTARIOTRAVEL.NET

Travel

It's almost leaf tour time

Seeing the fall colours can be as uncomplicated as getting in the car and driving to the nearest forest. The website 400eleven.com provides driving directions for several fall colour routes in Ontario. They include a Lake Simcoe circle tour; Algonquin area trips; Barrie to Orangeville; Haliburton and Huntsville; along Lake Ontario from Grafton to Picton; Lakefield to Barry's Bay; North Bay and Sudbury; Peterborough and the Kawarthas; and a Sault Ste. Marie route. THE CANADIAN PRESS

TRAVELDESK@METRONEWS.CA

High-tech hit in Philly skyscraper

This city best known to tourists for its historical sites and museums has a surprise new high-tech hit that is developing into a must-see attraction: a huge atrium wall in Philadelphia's newest and tallest skyscraper where a cast of dancers and acrobats seem to come to life.

"At first it looks like a mural," said Marilyn Overton, who travelled with her husband from the suburbs just to see the wall. "And then all of a sudden it's moving."

It's a 7 1/2-metre-tall, 185-square-metre high-definition LED screen which at times mimics the wood-panelled wall of the main lobby of the Comcast Center, which opened in June.

Mostly by word of mouth, the enormous video installation has been drawing a growing stream of visitors to the 297-metre tower, which owner Liberty Property Trust is hoping will become a destination a la New York's Rockefeller Center.

"We are stunned by the reaction we have gotten," said D'Arcy Rudnay, senior vice president for corporate communications at Comcast, headquartered in the building.

City tourism officials even added the Comcast Center to their website — *gophila.com/comcast* — after both residents and tourists began asking for more information about the attraction.

"I'm sure those people will say, 'OK, I have to do the (Liberty) Bell, Independence Hall, cheesesteaks, the Rocky statue and the Comcast screen,'" said Meryl Levitz, chief executive of the Greater Philadelphia Tourism Marketing Corp.

The video wall has thousands of hours of content to offer at five times the resolution of a typical HD television, from dance routines to vistas of outer space.

Much of the content is Philly-centric, with panoramic views of the city's historical sites. And then there are NASA satellite images of Earth and dancers flying across the screen on giant pencils.

Images of cranes and metal machinery randomly drop down to form a clock whose hands whiz around and gently stop on the correct time - typically prompting lobby visitors to check their own watches.

Liberty Property Trust and Comcast said they wanted the skyscraper to not just change Philadelphia's skyline but also to offer visitors something high-tech — and artsy — in return.

They contracted David Niles and his production engineering company, Niles Creative Group, to design the screen and provide ever-changing content.

Niles, who can sit in his New York-based den and watch people gawk at his masterpiece in real time, said 90 per cent of the content incorporates a human element — with dancers, acrobats and actors flitting around the screen.

"It's just amazing how many people come flocking to this thing with smiles on their faces," he said.

"To capture the 20-second audience in transit, and get a smile on their face ... is unbelievably rewarding."

Rob Hessler was walking pretty quickly through the building to get to the subway below when the video wall stopped him in his tracks, an experience shared by others coming to the Comcast Center to visit its food court or outdoor cafe.

"It's pretty amazing. I'll probably bring my kids here," Hessler said.

Though there is little in the way of seating in the lobby, many come just to stand and stare at the screen. THE ASSOCIATED PRESS

If you go

- Located in the atrium lobby at Philadelphia's Comcast Center, the city's tallest building, at 1701 John F. Kennedy Blvd. near 17th Street. Video programming 6 a.m. to midnight.

AP PHOTO/TOM MIHALEK

AP PHOTOS/JUSTIN MAXON

Left: The new Comcast Center opened this year in downtown Philadelphia. Top: Visitors walk through the main lobby. Above: Viewing the high-definition LED screen. The city best known to tourists for its historical sites and museums has a surprise new high-tech hit that has developed over the summer into a must-see attraction.

Out of the shell Seafood fans will be in their element at the P.E.I. International Shellfish Festival, with mussels, clams and oysters among the briny offerings. There will be chowder-cooking competitions for local and international chefs, along with daily culinary demonstrations during the festival, which runs from Sept. 19 to 21. Visit peishellfish.com for more. THE CANADIAN PRESS

Living a Monk-like existence

Finding out if you have it in you to be a Buddhist Monk

It's 3:45 a.m., and I've been awakened by the loud banging of a wooden percussion instrument. I slip into my itchy grey training suit and make my way blindly up a set of stone steps. At the top, a monk is ceremoniously striking a drum while sleepy tourists silently file into temple.

Here at the Lotus Lantern International Meditation Centre, a two-hour drive from Seoul, South Korea, visitors can spend a night experiencing the life of a monk. This 12-year-old temple complex was designed for foreigners looking to study Buddhism.

Tourists sleep on a traditional Korean cot, wake up at the crack of dawn, eat simple food, wash their own dishes, meditate and learn the philosophical principles of Zen Buddhism.

Though an overnight stay is short, the goal is to inspire visitors to learn more.

My introduction to monkhood begins in the golden temple with some early morning chanting. Breathing deeply, I take in my surroundings: the smell of incense, a gleaming gold statue of Buddha, the deep hum of meditative monks.

Reciting the "Bopsheen Jeeriohn," the monks prepare for their prostrations — 108 prostrations, to be exact. Hands pressed together, bending down to the kneeling position, I try to follow their lead.

I place my forehead to the floor and my palms on the ground. Part squat, part push up, part penitence, the prostrations are strenuous and hard on the knees. After 20, I start to question whether I can do all 108.

"The greater pain your body feels the heavier negative karma you have," reads a nearby sign. By this logic, I'm ridden with bad karma.

Blood pumping and knees cracking, I continue to struggle with the prostrations while the monks perform their early morning ritual calmly and with ease. Clearly, I need some practice at this spiritual practice. From the temple, our group of wannabe monks move to the meditation room.

Sitting crossed-legged on a cushion, I sit up straight and try to clear my mind. "Meditation is a tool which helps us be present in the moment, rather than living in the past or the future," says Alexander, a Russian monk who's been studying here for the past five years. Counting my breaths in and out, I feel relaxed, my mind concentrated.

But my focus doesn't last long. A pesky mosquito buzzes around me like a kamikaze pilot, coming in for a crash landing.

Since Buddhists don't believe you should kill living creatures (blood-sucking mosquitoes included) I have no choice but to gently swat it away and try to regain my meditative focus.

Normally, my mind is continually making to-do lists, so mediitation doesn't come easily. It's hard for me to imagine how monks such as Alexander are able to spend most of their days dedicated to the pursuit.

After the experience, I realize that while I'm drawn to the philosophical principles of Buddhism (living in the present moment, renouncing desire for money and material objects) when I come face to face with worldly pleasures, I crack.

For example, the monks believe that food is meant to sustain the body for enlightenment rather than for enjoyment.

But I'm not nearly disciplined enough to think of nirvana when faced with temporary indulgences like banana splits, bacon cheeseburgers or eggs Benedict.

Extra hollandaise sauce, please.

Julia Dimon is co-host of Word Travels, airing on OLN, and editor of thetraveljunkie.ca.

A monk at the Lotus Lantern International Meditation Centre in South Korea solemnly rings a bell. The centre comprises a temple complex designed for foreigners looking to study Buddhism.

more online

For more information on South Korea and temple stays, log onto *visitkorea.or.kr*

"The greater pain your body feels the heavier negative karma you have"
Sign at Lotus Lantern

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Myths and ghosts in Canada's heartland lure curious visitors

The trees have more twists and turns than a plate of spaghetti, and at dusk the setting sun casts eerie shadows off their distorted limbs.

This is Saskatchewan's Crooked Forest, "a botanical mystery" in which a group of wild aspens bend and loop around each other.

"What causes the grove of trees to grow this way? No one really knows," reads a sign in the forest, also known as the Crooked Bush, near Hafford, Sask.

"Some say a flying saucer flew over the area and changed the chemistry of the earth beneath the roots."

University researchers suggest a genetic mutation may be the reason no tree grows straight for more than an arm's length.

Visitors strolling along a boardwalk find themselves ducking to avoid limbs that have stretched across the path. And be warned: according to folklore there are reports of people getting dizzy and light-headed in the forest.

"From the battles, to the wars, to the negotiations ... it all started right here in Battleford."
Chris Odishaw

"Only the brave go into the bush on the night of a full moon," reads the sign.

The forest is a short drive northeast of the Battlefords in a region where there is plenty to see besides strange trees.

The Battlefords, about an hour and a half northwest of Saskatoon, consist of the town of Battleford and the city of North Battleford, situated across from each other on the North Saskatchewan River. It's where the Prairies give way to lush green hills and the boreal forest, best appreciated through a geology tour of the area.

A 19-stop self-guided tour of geological formations takes place in rivers, lakes, levees, sand dunes and an ancient glacial spillway.

In North Battleford, there's a walking tour that highlights the city's beginnings when the railway was built in the early 1900s.

But it's in the old town of Battleford where locals talk of myths and ghosts - and who would expect less in what is called the heart of Canada's old northwest.

"The start of what we know as the Prairie provinces, the root or the start of the Northwest Territories, happened right here in Battleford," says Battleford Mayor Chris Odishaw.

"From the battles, to the wars, to the negotiations, to the building of land with farmers getting their quarter section - it all started right here in Battleford. We're really rich in history."

Battleford was founded in 1875 as a fur trading post. The following year it was named the capital of the new North-West Territories.

To walk through Fort Battleford is like stepping back in time. Cannon fire echoes through the fort and costumed staff tell stories of the settlement of the West as they wander through the fort's original buildings - where the ghost of a surgeon is said to haunt the officers' quarters.

GEOFF HOWE/THE CANADIAN PRESS

Fort Battleford employees dressed as North-West Mounted Police officers fire a cannon at the National Historic site of Canada located in Battleford, Sask.

GEOFF HOWE/THE CANADIAN PRESS

The gravesite of eight aboriginal men who were involved with the North-West Rebellion in 1885 is marked by teepee poles overlooking the North Saskatchewan river in Battleford, Sask.

The fort, built by the North-West Mounted Police at the junction of the Battle and North Saskatchewan rivers, is also the site of the largest mass hanging in Canadian history.

On Nov. 27, 1885, eight aboriginal men who were involved with the North-West Rebellion were tried for murder and hanged within the walls of the stockade. Their gravesite is just metres away, marked by teepee poles in a spot overlooking the river valley.

Odishaw acknowledges the site is not without controversy.

"The issue of creating a tourism site from a mass gravesite is not spiritually correct within the First Nations people, but yet it's part of our history," he said.

"None of us can be proud of what happened, but I think we all grow from past experience."

There have been reports of strange noises, some say – war cries, heard in the area – but that may just be par for the course in the Battlefords.

Even the town hall, which once had an opera house upstairs, has a ghost, according to staff.

They say every once in a while the smell of chocolate chip cookies wafts through the council chambers. Sometimes, there's the smell of a cigar around desks in the office area.

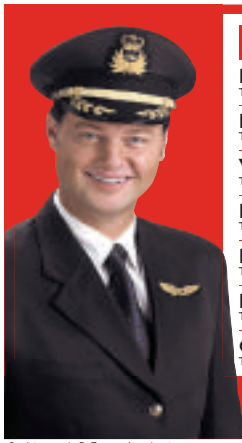
But no one is baking or smoking.

"It's Charlie," a town staffer says with a giggle. "That's what we call him."

THE CANADIAN PRESS

For more info

- The website tourism.battlefords.com provides details on historic sites (haunted or not), nature walks, the casino in North Battleford and interesting day tours.
- To get a brochure on the self-guided geology tour, phone 306-445-5098.



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Vancouver	Travel Sep 23-Sep 30/wg	$149 +taxes & fees $206
Nassau	Travel Sep 7-Sep 14/c6	$197 +taxes & fees $286
Las Vegas	Travel Sep 17-Sep 24/ws	$248 +taxes & fees $231
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INCLUDES roundtrip airfare, hotel transfers and 7 nights 3-star all-inclusive accommodation. Departs Sep 21/acv/ac.

European Holidays

PARIS $642
Apart'hotel Citadines Didot Alésia + taxes & fees $396
INCLUDES roundtrip airfare and your first 2 nights 3-star accommodation in the Latin Quarter. Departs Sep 22/vat/ts. ADD the Da Vinci Code walking tour for $32.

Dublin & Ireland $1078
+taxes & fees $354
INCLUDES roundtrip airfare to Dublin, 7 nights accommodation at various B&B's throughout Ireland and a week's car rental to explore at your own pace. Departs Sep 26/thn/ts. ADD a traditional Irish pub crawl in Dublin for $21.

Cruise Holidays

Bahamas $179
Carnival Cruises +taxes & fees $69
INCLUDES 3 nights aboard the *Carnival Imagination*. Sails from Miami and visits Nassau, Bahamas for 2 nights. Sails Oct 17. UPGRADE to an oceanview stateroom for $7 per night.

New Orleans Cruise & Stay $749
Carnival Cruises +taxes & fees $307
INCLUDES roundtrip airfare to New Orleans, a 4-night caribbean cruise sailing roundtrip from New Orleans and visits Cozumel, Mexico, and 3 nights 3-star accommodation in the heart of the French Quarter. Departs Dec 4/inf/ua. UPGRADE to an oceanview stateroom for $15 per night.

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*No purchase required. The contest runs from August 18, 2008 to September 21, 2008. Open to Canadian residents who have reached the age of majority in their respective province as of the Contest start date. Total value: $9,450.00. The official entry of up to 14 referrals may entitle the grandprize winner to an extended stay of 21 days maximum.

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Stretch your Summer! Contest
TO BE WON*:
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Trace a path
The Dufferin County Museum and Archives presents their 5th Annual "Traces" Exhibit & Festival Sept 27. Visit *dufferinmuseum.com* METRO NEWS SERVICES

African journey in English countryside

METRO WORLD NEWS
Visitors overlook the Livingstone Safari Lodge in Kent, England.

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EMMA E. FORREST
Metro World News

You'll get a genuinely Out of Africa experience when you visit Livingstone Safari Lodge, as it is set in the glorious countryside of Kent, England.

At the first African Safari Lodge in Europe you'll get to see endangered species, including black rhinos, giraffes, ostriches, wildebeests, blackbucks and antelopes — there are more than 300 animals roaming through the reserve adjacent to the zoo.

You might be trading your panorama of the plains of Africa for a view across the Channel to the coast of France, but the trip will cost you less than a vacation to southern Africa.

Otherwise, everything is as it would be on a regular safari. The experience starts with a "sundowner" aperitif on the terrace of your luxury safari tent overlooking the watering hole where you can see animals close up.

METRO WORLD NEWS
A giraffe roams the grounds of the Livingstone Safari Lodge.

Next up is a six-course authentic African dinner in the "lapa" hosted by a Zimbabwean ranger, who will teach you all about African wildlife and the conservation work done by the park to protect and breed endangered species with the aim of returning them safely to their homeland.

You'll get a wake-up call and a coffee and croissants at dawn so you can set off in your safari 4x4 across the 100-acre African Experience reserve to catch the animals as they hunt for their first snack of the day.

You'll get your own, typically generous safari breakfast when you get back to the lodge, before setting off for the main park to meet the other animals that happen to call the park home.

Visit *totallywild.net* for more information.

If you go

- Other animals in residence include tigers, snow and clouded leopards, red pandas, howler monkeys, elephants, and gorillas.

Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Walk on the wild side

Caliber SRT4 delivers bang for the buck without compromising fun

B. MCLAUCHLAN
for Metro Canada

Anyone looking for great value, great performance and innovative features, the Caliber measures up.

You could say Dodge's Caliber SRT4 is one case where the marketing message meets the metal.

Its snout is bold and sculpted, as is the rear. Large headlamps and tail lamps dominate the corners. Prominent, squared shoulders and protruding wheel arches give the impression the SRT4 is larger than it actually is and help contribute to a tough-guy stance too.

Right, let's get the bread-and-butter stuff on the table first. You can get your Caliber in lesser SE, SXT and R/T trim. The SE and SXT get a 148 hp, 1.8-litre 'four' mated to a five-speed manual transmission.

Their optional automatic is a continuously variable transmission (CVT), which must be mated to the 2.0-litre four-cylinder engine. The sporty R/T combines the CVT with a 172 hp, 2.4-litre four. Prices run in the $16,000 to $22,000 range. Incidentally, all-wheel-drive is available on the R/T model.

But when Dodge's Street Racing Technology … get it, SRT? … gang created the $24,995 SRT4, they stuffed in a 285 hp, 2.4-litre turbocharged four-banger and a six-speed stick to strike fear into the heart of god-fearing church-going econoboxes of all stripes.

At $26,170, as tested, our SRT4 included Goodyear F1 performance tires on polished wheels ($250) and a $925 Option group comprising mostly minor and frivolous frills.

Inside, the SRT4 doesn't seem like a compact. The front compartment is quite roomy, and the 60/40-split rear seats are comfortable enough for two. Legroom is limited for the middle passenger because of the floor-mounted cupholders.

If you're tall enough, you can lever down the driver's seat for a classic legs-out, low-slung sports car driving position.

If you need a lift to see out, however, the manual pump-action seat adjuster trades thigh support for seat height in a way that might not suit all body types.

But the best thing about this hot Caliber, apart from its bang for the buck, is its exhilarating combination of rapid acceleration, good shift action, informative steering, firmly cushioned (if a bit choppy) ride, terrific handling and satisfying hard-edged snarl from the exhaust system. But, be advised, torque steer is at times prodigious, as is the front end's tendency to 'wash out' if you get on the power too soon in mid-turn; mid-corner bumps can also unsettle it and the optional F1 tires aren't too happy with wet pavement.

That said, anyone looking for great value, reasonable fuel economy, great performance, versatile storage capacity and innovative features, the Caliber measures up.

Inside, the SRT4 doesn't seem like a compact. The front compartment is quite roomy.

2009 Dodge Caliber SRT4

Type: Compact 5-passenger hatchback FWD
Price: $24,995
Engine: 2.4-litre L4 DOHC turbo
HP: 285 @ 5,700 rpm
Torque: 265 @ 2,000 – 5,600 rpm

Highlights

- Aggressive styling
- Performance
- Cargo room
- Safety equipment
- Bang for the buck

The 2009 Cadillac Escalade.

TIFF goes green, Cadillac style

Hollywood celebs attempting to polish their 'green' credentials like to show up at the Oscars and other posh events in fuel-sipping Toyota Prius hybrids.

Not wishing to be outshone, General Motors Canada is rolling out a supply of hybrids as the 'official ride of the 2008 Toronto International Film Festival (TIFF)' — kicking off tomorrow, Sept 4 — but, in this case, the vehicles are the 2009 Cadillac Escalade SUV the automaker is set to launch this fall.

GM Canada said the $93,450 hybrid Escalade gets an overall 25 per cent improvement in fuel consumption and expects it to deliver up to 32 per cent better economy in the city.

The innovative hybrid technology enables driving at low speeds on electricity alone and it also allows the engine to operate on half of its eight cylinders for longer periods.

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If other cars in this 'hot hatch' class are satisfying to drive fast, the MazdaSpeed3 is truly and deeply rewarding.

All about the driver

Mazdaspeed3 flat-out fun ride in the shape of a hatchback

B. MCLAUCHLAN
for Metro Canada

More or less unchanged for the '09 model year, the Mazdaspeed3 is a flat-out fun ride pretending to be a nice little hatchback.

Built off the well-equipped Mazda3 Sport GT model, the 'Speed3 shares many of the former's standard features, like ABS brakes, body-colour side mirrors, door handles and side mouldings, rain-sensing intermittent wipers, tilt/telescopic steering, air conditioning with micron filter and rear heater ducts, cruise control, six-way adjustable driver's seat with height adjustment and lumbar support, 60/40-split rear seat, two-stage front airbags plus front side-impact airbags and dual front/rear side curtain bags.

There's also a front centre console armrest with dual covered storage compartments, front door storage pockets with bottle holders, driver's side setback pocket, a rear centre armrest with two cupholders, and AM/FM audio with MP3 capability, steering wheel mounted audio controls, auxiliary audio input jack and a sporty roof antenna.

Inside, the Mazdaspeed3 looks tasteful and neatly executed.

So, you'll get no argument here that the dynamic little 'Speed3 caters well to one's creature comforts and general driving pleasure.

But what really makes the difference between this four-door hatchback and the more mundane 156 horsepower Sport GT hatchback is a 2.3-litre turbocharged four-cylinder engine making 263 hp that nestles beneath the Mazdaspeed3's rakishly sloped hood.

If this engine's lusty 280 lb-ft of torque seems a lot to channel through the front wheels, you're right. That's why the engine management system modulates the torque in the six-speed manual transmission's lower gears — to help mitigate wheelspin and the torque steer that tugs the steering wheel in your hands.

Also helping to make this power more manageable are full-on performance tires — mounted on good-looking 18-inch alloy wheels — that stick like superglue. That and superb braking performance plus a lovely liveliness in the handling department make the 'Speed3 sheer delight to thread through the tightest turns.

Inside, the Mazdaspeed3 looks tasteful and neatly executed with a high-grade black-on-black interior and red stitching accents, exclusive trim elements and a nice arrangement of electroluminescent gauges that distinguish it from the remainder of the Mazda3 family. The Mazda's back seat is also a pretty comfortable place to lounge in.

Comfy back seat notwithstanding, the responsive Mazdaspeed3 is all about the driver. If other cars in this 'hot hatch' class are satisfying to drive fast, the 'Speed3 is truly and deeply rewarding. At $29,360 it may be more expensive than some (though the '09 price is down from the 2008 model's $31,095), but as a performance driving tool for those who know how to use it, the Mazdaspeed3 is worth every penny.

2009 Mazdaspeed3

Type: Compact 5-pass hatchback FWD
Price: $29,360
Engine: 2.3L L4 DOHC turbo
HP: 263 @ 5,500 rpm
Torque: 280 @ 3,000 rpm

Highlights

- High performance with civility
- Refined yet aggressive styling
- Excellent brakes
- Steering feel
- Cabin comforts

Clear the air filter to save some cash

A recent news poll indicates that roughly 90 per cent of us expect rising gas prices to cause financial hardships over the next six months.

If you are one of the majority looking to squeeze as much value as possible from what you pay at the pump, be sure to check your vehicle's engine air filter annually, and if it is dirty, replace it.

According to the U. S. Department of Energy, replacing a clogged air filter improves a car's gas mileage by as much as 10 per cent.

And, because it keeps impurities from entering the engine, it also protects against long-term damage to the inside of the engine.

A clogged or restricted air filter is likely to hinder airflow and draw contaminants into the engine. In today's finely tuned fuel-injected systems, this not only leads to poor fuel economy but causes premature wear to the fuel injectors and moving components in the engine.

truth in numbers

- Consider the numbers. The average motorist drives approximately 18,000 km per year. The average car, a four-cylinder Honda Accord sedan with automatic transmission, for example, gets about 10 L/100 km in city driving and uses about 1680 litres of gas a year. At $1.25, this is equivalent to $2,100 per year. A 10 per cent saving is equivalent to $210 per year or approximately $17.50 per month. An average air filter costs $15 to $20 at retail. Whether you get the service done by an automotive repair technician or choose to do it yourself, you can recover the money spent in no more than just a couple of months!

Full metal Alchemist

Does a padded vinyl roof for your car fail to sway you? Has your car lost its cachet, hampered by a plain ol' painted roof? Well, fret no more. Now you can indulge yourself with a very personalized gilt trip.

A London, England-based firm, Alchemist, has come up with an innovative new patented process to cover a car's roof with the purest gold leaf.

Prices start at £12,500 (about $25,000 Cdn) and each rooftop is signed and numbered and the client presented with a certificate of authenticity.

The Kensington company, run by French art director, Jacques Blanc, has been established in London since February 2008 and has completed custom gold-top finishes on Bentleys, Porsches, Mercedes and an Aston Martin.

A gold-roofed Bentley.

Blanc commented; "Gold-leafing vehicles isn't a new luxury. The Egyptians mastered the technique more than 3,000 years ago and Tutankhamun's chariot was decorated with gold leaves. We are simply continuing this ancient and opulent tradition."

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GT model shown
MSRP $24,995

THE ALL-NEW **09 PONTIAC VIBE** is quite an impressive machine. But it's not just another pretty face. It's not even just an outstanding combination of versatility and fuel efficiency, with 6.2L/100 km (highway) and 8.0L/100 km (city).‡ In fact, with standard StabiliTrak™ electronic stability control system, 4-wheel disc brakes with ABS, tire pressure monitoring system, six air bags and a 3-prong household AC power outlet in the dash, the Vibe could just be "the one". It also comes with the GM 5-year/160,000 km powertrain warranty†, which is more than most can say. Of course, if you really do find someone who digs your own personal smart and stylish vibe, OnStar® can always point you to a nice, quiet brunch place. ***And all the fun starts at $15,995 MSRP.****

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*MSRP for 2009 Vibe base (excluding freight). Freight ($1160), licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices.†Whichever comes first. See dealer for limited warranty details. Applies to 2009 models. Excludes Medium-Duty Trucks. ‡Fuel consumption determined using Transport Canada approved methodology for 2009 Vibe with 1.8L and automatic transmission.

Heed warning sign

Ignoring 'check engine' light may prove costly

Imagine cruising down the road and the 'check engine' light suddenly appears on your car's dash.

Unless there's an immediate change in your car's driving performance, you probably have no reason to panic.

On the other hand, if you ignore it, and continue to drive without having an auto technician check it sometime soon, you may be setting yourself up for a hefty repair bill.

A worn out oxygen sensor (or O2 sensor) often is the culprit and changing it may cost a lot less than replacing damaged engine components.

Your vehicle's oxygen sensor measures the amount of oxygen in the exhaust and signals the engine's computer to adjust the air-fuel ratio to ensure that combustion is as complete as possible. This continuous process optimizes engine performance and fuel efficiency and reduces harmful emissions.

'Check engine' is no reason to panic but make sure to get your car checked by a mechanic.

A vehicle can have between one and four oxygen sensors at various locations in the exhaust stream depending on the make, model and year.

If the oxygen sensor is worn out and fails to assess the air-fuel ratio accurately, the engine's computer tries to accommodate the perceived variation and, in the process, may adjust the mixture too lean or too rich.

The result? Possible damage to the catalytic converter and other major Components — which may translate into $1,000 or more in repairs!

Compare that to the average cost of replacing a worn-out sensor.

It may be as little as $100 for diagnosis, parts and labour.

Furthermore, if you take into consideration other benefits associated with having a fresh oxygen sensor, such as cleaner emissions, and more important, higher gas mileage — up to 40 per cent according to the Car Care Council — the choice is obvious.

Paying small price for big G3 Wave

On sale now, Pontiac's G3 Wave can cost you just $10,470 — in a cash only offer. So Canadian consumers can now afford to put a lot more car in their driveway.

The G3 Wave has a 'big car' personality, providing excellent space and flexibility for such a small package. Its "tall car" design provides easy entry/exit for all and a surprising 2,574 L (91 cubic feet) of interior passenger room, accommodating five 6-foot-tall occupants comfortably. Front headroom is better than many midsize cars, and the G3 Wave also has the best shoulder room in its class, while the elevated rear seats offer surprising legroom.

An all-new 1.6-litre, four-cylinder engine, designed with enhanced refinement and durability, provides the power, better acceleration and a fuel economy improvement of up to 10 per cent.

Available in base and SE trim, the G3 Wave 5-door offers a wide range of features. Dual stage front air bags with frontal passenger sensing system, AM/FM stereo with single CD and MP3 playback capability, auxiliary input for iPods, MP3 players and other devices, and 4-speakers, driver seat with lumbar support and armrest, a fully-reclining front passenger seat, 60/40-split folding rear seat and tilt steering are all standard.

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*Some items may be slightly irregular & may not be exactly as illustrated. ** Not all items available at all locations.

SE model shown, MSRP $15,770

The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** Seriously, look at it. That's one fun and friendly looking car. But it really knows how to give the gas pump the cold shoulder. Still, even though 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1] is bad news for the gas pump, it's great news for you. And even better news is that the G3 Wave is loaded with things like optional OnStar®, auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags and the best coverage in Canada[3]. So, even though the G3 Wave works really hard to make the gas pump sad, it works just as hard to make you happy. **Cash Purchase Price at $9,995.***

PONTIAC G3 WAVE IGNITE THE FEELING pontiac.gm.ca

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*Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight ($1125), licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. [1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. [2]Equivalent Chevrolet Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). [3]Whichever comes first. See dealer for limited warranty details.

Diesel myths dispelled

Today's innovative vehicles make fuel a clean and fun option

Would you consider buying a clean diesel passenger vehicle? What if owning a clean diesel vehicle translated into savings for your pocket book and helped protect the environment, without sacrificing vehicle performance?

Many car owners still have outdated perceptions of diesels. Today's diesel passenger vehicles are fuel efficient, clean and provide drivers with greater performance than comparable gasoline vehicles. You could call this diesel advantage: Good, Clean, Fun.

Cars such as this diesel-powered Jetta SportsWagen give the much-maligned fuel a good name.

Good

Diesel passenger vehicles offer 30 per cent better fuel economy, on average, compared to gasoline passenger vehicles, which means drivers make fewer trips to the pump. As a matter of fact, consumers save money every time they go to the pump even though diesel fuel prices are currently higher when compared to gasoline.

Clean

Diesel-powered vehicles, when compared to their gasoline counterparts, benefit the environment by reducing greenhouse gas emissions by up to 25 per cent. Today's clean diesel vehicles comply with all government emission regulations. With particulate filters, what comes out of the tailpipe (exhaust gas) typically contains fewer particles than the air entering the vehicle's engine — the particulate filter literally acts as a cleaner.

Fun

Diesels offer a premium performance experience due to a 50 per cent increase in torque (especially at low rpm) — the force that allows cars to accelerate smoothly and powerfully — compared to gasoline passenger vehicles. This premium performance experience includes increased acceleration and power at the point of acceleration as well as an ability to tow heavier loads for longer periods of time, compared to gasoline vehicles.

Diesel engines are a durable, fuel-efficient and eco-friendly powertrain option that provides superior performance. For drivers who want to save money at the pump without sacrificing their driving experience, diesel is a great option.

Chevrolet Cruze

Chevrolet reveals Cruze details

SEDAN The first photos of Chevrolet's all-new Cruze sedan — making its world premiere next month at the Paris Motor Show — reveal a dynamic four-door coupe that proves exciting design and value are not mutually exclusive.

An arching roof-line, extends from the steeply raked windshield to sloping rear pillars and short rear deck, bringing coupe-like proportions to the sedan that will ultimately replace the current Cobalt model. The Cruze will go on sale worldwide in 2009 — initially in Europe with a North American debut to follow — and will battle it out in the market against the Ford Focus, Honda Civic and similar products.

JEFFERY SAGER/GENERAL MOTORS

Zhiqing (Chris) Huang, a design intern from Shanghai Jiao Tong University in China, with his design, He, during the 2008 GM/PACE Summer Internship Final Presentation in the Design Dome at the GM Tech Center in Warren, Mich.

Interns hit top gear

From as close as Detroit and as far away as China, 21 students around the world were chosen to design and engineer a hydrogen-powered car for the year 2020 as a part of the Annual Design Internship Program by General Motors.

Each team of interns had a designer, an engineer, a sculptor, and a trim and colour artist. Together, they came up with six futuristic concept cars.

In addition to being gas-free, the concept cars also had to meet the needs of international drivers in the emerging markets of China, India and Russia.

While these concept cars probably won't be available in showrooms any time soon, the students have gained real-world experience to help further their future careers, hopefully designing petroleum-free transportation for all of us.

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FIND OUT IF YOU HAVE CANDIDA OVERGROWTH!

	YES	NO
Cravings for sweets - even after eating?	■	■
Feel bloated - is it showing?	■	■
Have you taken antibiotics?	■	■
Flatulences?	■	■
Headaches and mood swings?	■	■
Do you use birth control pills?	■	■

If you answer yes to 4 out of 6, you may likely have a Candida overgrowth in your intestines. Try dida for 4-6 weeks as a solution.

My stomach is flat again

Cathy Summers was devastated for several years because of her problems with yeast. She felt bloated, had gained weight, craved carbohydrates and her energy levels were lower than ever. It was also putting a real toll on her relationship with her boyfriend Peter.

I WAS DESPERATE

"Nobody seemed to take my condition seriously and no remedy would help me. But through at local health food store I got in contact with a naturopath and he was in no doubt, after hearing my symptoms; I had an imbalance in my intestines between healthy bacteria and yeast cells. He told me how common it is that yeast fungi overgrow in the intestines, but that most people don't know they have the problem. Actually, one in three of his female customers experienced these problems."

I TRIED DIDA

"The naturopath gave me a list of things to avoid, such as white sugar, white flour, candy, processed foods and active yeast (bread). He then put me on two dida tablets a day, for eight weeks and told me to take them with a meal."

NO MORE BLOATING!

"I cannot believe how much my situation has improved since using dida and following the naturopaths recommendations. My stomach is flat again! I am full of energy and my sweet cravings disappeared. It's such a relief to have found a natural solution that works. But best of all - my relationship with Peter is full of life and love again!"

YEAST LOVES SUGAR - BUT HATES CINNAMON!!

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Tuition increased for foreign students at Concordia

Concordia University's board of governors approved a 10-per-cent tuition increase for foreign students, despite numerous protests in recent weeks. The decision will raise fees for foreign students by as much as $1,000. METRO NEWS SERVICES

Workology

CENTENNIAL COLLEGE
Centennial College

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Canada's hardest workers

RAFAEL BRUSILOW
for Metro Canada

A new survey shows Canadians consider mothers to be the hardest working profession, followed closely by other high-stress, high-responsibility jobs with non-standard work hours.

The Hardest Working Canadians survey, released recently by job-site Workopolis.ca, polled workers and managers across Canada to find out what Canadians think the hardest-working professions are.

Not surprisingly perhaps, moms topped the list followed by nurses, air-traffic controllers, surgeons and firefighters. High amounts of responsibility and stress, non-standard work hours, high mental concentration requirements and personal danger were the primary considerations Canadians made in naming those five professions as being the hardest-working.

The study also polled workers and managers to find out what perceptions each side had of the other's work ethic. While 61 per cent of managers said they believed they work harder than their employees, 75 per cent of workers said they believe they work harder than or as hard as their managers.

Most Canadians consider motherhood to be the hardest profession in Canada.

Patrick Sullivan, president of Workopolis, says he believes the discrepancy comes from the different perspectives inherent in each side. While managers frequently cited their increased responsibilities and pressures as proof of their hard work, employees often referred to the greater quantity of work they achieved as proof they worked hardest.

Sullivan says the reality is that everyone is working harder, as the survey showed Canadians work an average of 145 hours more than expected every year, which boils down to about three extra hours every week.

"What we've seen over the last number of years is a change in the workplace environment. Employees and managers are being asked to work many more hours," Sullivan said.

> **"Think about the priority work you need to do, not just the busy work."**
> Patrick Sullivan

Thirty-two per cent of respondents reported working too hard and 72 per cent indicated that exhaustion was their primary indicator of being over-worked. Sullivan suggest businesses should take note of how exhausted their employees are in order to keep productivity high and turnover low.

"Be aware of how hard your employees are working. You want them not to be stressed in the workplace — it'll let you keep them for a longer period of time," Sullivan said.

He also recommends workers who feel overworked should speak with their manager to find a long-term solution.

"If you are in a highly stressful environment you need to think about what is the appropriate work-life balance for you and speak to your manager to see what you can do to reduce that workload," Sullivan said.

A good strategy for managing workloads Sullivan suggests is making a "priority" list of tasks that have to get done versus ones that are less important.

"Think about the priority work you need to do, not just the busy work, and schedule that uninterrupted time to get it done," Sullivan said.

Surgeons were also considered near the top of in the Workopolis.ca Hardest Working Canadians survey.

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College president loses job over racy photo
Robert A. Paxton, president of the Iowa Community College, resigned this week after an eyebrow-raising picture of him appeared in The Des Moines Register. The photo appears to show him pouring a keg of beer into the mouth of a bikini-clad young woman on his boat. METRO NEWS SERVICES

New meaning to 'Labour' Day

More than one-third of Canadians worked over the long weekend

BRIAN COULTON
for Metro Canada

Labour Day: Summer's final frontier. It's the cherry on top of the last long weekend before students go back to school and workers return to the daily grind. While most Canadians were enjoying that last backyard barbecue, final cottage getaway or just reclining in front of the CFL's Labour Day lineup, such was not the case for more than a third of us.

The new Everest College Labour Day Poll reveals that not only did 35 per cent of Canadians work over the holiday weekend, but that over half of Canadians typically clock more than nine hours a day.

Julia Kennedy, assistant vice-president of career services at Everest College, an Ontario career college, says the reason Canadians are becoming workaholics is because of the financial system being seen internationally.

Kennedy says the rising costs of fuel, food and other living expenses help explain our increased workplace presence. "We're seeing this across the board. The economic factors are not just related to Canadians."

Still, with the Canadian annual median income sitting at under $25,000, Kennedy says it is little wonder we seek out additional sources of income. "Canadians need to work more to make ends meet. What we're seeing in cases such as this is that it's about moving from a job or multiple jobs into a progressive career to obtain a balance in their life."

But who is responsible for creating this work-life balance? "It's everybody's responsibility that Canadians have healthy work habits and lifestyles," says Kennedy. She says a combination of employee, employer and government involvement is necessary to generate that flexibility.

"Canadians need to work more to make ends meet."
Everest College's Julia Kennedy

For employees, Kennedy recommends knowing yourself so you know what jobs will personally satisfy you. "A key factor is looking for work that works for you so that you can train for a better career."

Yet, Kennedy reminds it's a two-way street. "The workplace is changing. Employers are looking to meet the needs of their employees." But, charged with finding workable solutions for those in the Gen-Y, Gen-X and Baby Boomer categories, Kennedy affirms employees must make the first move with employers.

Forward movement can seem daunting for Canadians further along in life and their present job. To those who hold age as a barrier, however, Kennedy begs to differ.

"I think we make it a barrier sometimes for ourselves, but it's not," she says. She holds numerous career change opportunities exist, especially in the business, information technology and health-care industries. "You have to look for these opportunities. There's lots of opportunity there and employers are looking for people with experience."

While most Canadians were enjoying that last backyard barbecue, final cottage getaway or just reclining in front of the CFL's Labour Day lineup, such was not the case for more than a third of us who had to work.

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Column to return

Workplace Law by Daniel Lublin will return next week. Contact him at dan@toronto-employmentlawyer.com

ADVERTISING FEATURE

Books, divorce and cars at college

This fall, people contemplating a divorce, buying a hybrid-electric vehicle or writing their first novel can find a part-time course tailored to them at Centennial College.

With school top of mind right now, it's the ideal time for adults to consider enrolling in an evening or weekend college course to pursue a personal interest or acquire a new job-related skill.

Centennial is launching a number of new courses this month to add to its more than 1,200 evening, weekend and online courses aimed at working adults who want to advance themselves.

• The Smart Divorce course addresses the myths and misconceptions of divorce and its impact on adults and children. People often divorce without fully understanding what they are getting into. Participants can learn what to expect of the divorce process and how to reduce its complexity and associated costs.

• Thanks to the iPod, Apple computers are winning new fans these days. If you're migrating from Windows to the unique Mac operating system, Centennial's three-hour workshop will help you discover the features, tools and productivity tips to help you get the most out of your Mac.

• The ever-shrinking cost of Digital Audio Workstations (DAW) has prompted more and more amateur musicians to look at setting up their own project studios in the comfort of their homes. This five-hour workshop covers the typical equipment needed for a home studio, as well as the acoustics, costs and how-to's of operating a studio business.

• Centennial has partnered with Scarborough's world-renowned Variety Village to offer workshops in disability awareness. Topics include adaptive activities, access and inclusive practices; adapted recreation and sports; customer service and communications; as well as home, vehicle and community accessibility issues.

Centennial's Smart Divorce course addresses the myths and misconceptions of divorce and its impact on adults and children.

• Fuel-saving hybrid vehicles are becoming popular, but how much do you know about maintaining them? Centennial is offering Canada's first training course for automotive technicians and hybrid enthusiasts who want to learn the routine maintenance requirements and safety issues for current production hybrids from General Motors, Honda and Toyota.

• Writing a book ranks as one of the most popular personal goals people set for themselves. Yet they often spend more time and resources than necessary to self-publish their work. The three-hour seminar, Intro to Self-Publishing, will set you on the right path to successful publishing.

Centennial is hosting its continuing education information night tonight, between 5 and 7 p.m., at its Progress Campus located at 941 Progress Ave., east of Markham Road and just south of Highway 401. Representatives and faculty will be on hand to answer all your questions about continuing education opportunities.

The event is free to the general public. For details, visit centennialcollege.ca/parttime/info.

–MARK TOLJAGIC

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Obama promises affordable tuition
Last week, U.S. Democrat Barack Obama officially accepted the party's nomination for president, and he included PSE in his speech. He referenced his plan to make tuition more affordable for students and their families. METRO NEWS SERVICES

Back to school, but how?

Some parents fear letting kids walk or take the bus alone

As a child, Debbie Veney Robinson rode city buses to school starting in Grade 2. But when her 12-year-old daughter, Maya, starts Grade 8 this fall, she'll be safely buckled in for the car ride to Catholic school.

Parents around the country are struggling to decide how their kids will get to school this fall — walk, ride a bike, take a bus or be driven by an adult — in a landscape they say has changed since they were kids.

Robinson, who lives in Washington, D.C., is among those who walked or rode public transportation when they were kids, but now drive their children to middle school or walk them to a bus stop half a block away.

"I do worry about children being abducted, because it happens," said Robinson. "I think the best choice is to protect them as long as you can."

Robinson said driving Maya to school gives her peace of mind, even if Maya would prefer to go alone.

"She and I do not see eye to eye on this," said Robinson, who works in public relations. "I'm pretty certain I've been called a hypocrite because of the way I was raised."

The question of when youngsters should travel without adult supervision is one of a range of issues confronting parents as children assert their independence. At what age should kids be left home alone? Own a cellphone? Go to a movie with friends?

For many parents, safety trumps independence. But some psychologists worry that kids who never escape the watchful eye of a parent or teacher won't develop the independence to negotiate their world.

Gregory Ramey, a child psychologist, said parents should consider factors such as the child's maturity and whether the route to school involves busy streets.

"There's no certain age," he said. "It depends upon the child and the neighbourhood." THE ASSOCIATED PRESS

"I'm pretty certain I've been called a hypocrite." Debbie Veney Robinson, on not letting her child go to school alone

Some families have to rely on public transit to cart their children off to school rather than a traditional school bus such as this one.

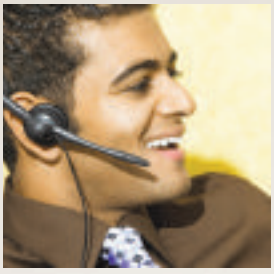
Tips for deciding whether your child can travel to school alone

- Know your child. Some 10-year-olds are mature enough to handle the responsibility that goes with independence. Others are not.
- Consider the route. Are there major streets to cross? Will the child be walking or biking alone or with schoolmates?
- Set clear rules, such as whether your child must come straight home from school.
- Talk with other parents in your neighbourhood about having kids walk or bike to school together. There is safety in numbers.
- If public transportation is unavailable, unreliable or unsafe, consider lobbying public officials for better transit options.

THE ASSOCIATED PRESS

Career Finder

To advertise, call Josie McKenzie 416-443-4364



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BAR PORTERS • Casual

Your duties will include keeping bars serviced, stocked, and equipped for each function. You have good communication and organizational skills and preference will be given to those applicants with Smart Serve Training. This position includes some heavy lifting. Please note that the minimum age for handling alcohol is 18 years. These are casual, on-call hourly positions that include shift work on evenings, weekends, and holidays.

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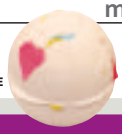

Wedding Planner

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Glamorous green

More couples choosing eco-chic nuptials

SARA-JANE WEARING
for Metro Canada

Bride-to-be Stacey Fruitman is wearing off-white for her November nuptials, but she's thinking green.

From the soy-based ink on the invitations to the organic wedding cake, the Toronto eco consultant wants her big day to leave as small an environmental footprint as possible.

Guests will dine on local, organic food — what isn't consumed will be composted or donated; organic flowers will fill recycled vases; groomsmen will wear organic silk ties; and money that would have been spent on guests' gifts will help plant trees in city parks.

"If I can create some awareness, I think that's important," she says.

Fruitman has company on the green bridal path; earth-friendly weddings are a rapidly growing trend, wedding planners confirm.

Start with the engagement ring. "A lot of couples are searching for conflict-free diamonds," says Cynthia Martyn, creative director of Cynthia Martyn Events Inc. (These stones do not profit war, and are mined and produced under ethical conditions.)

"If I can create some awareness, I think that's important."
Stacey Fruitman

Little touches can make a big difference, too, notes Sebastien Centner, director of Eatertainment Hospitality. Use beeswax candles, bamboo rather than plastic disposables — even fallen tree trunks can be fashioned as charger plates to bring the outdoors in, a popular wedding theme.

Just as green weddings are growing in popularity, so, too, is the return to glamour, says Martyn. In uncertain times, there's a penchant for the altar-bound to do it up in style.

"We call it the bling factor," she says. "Wherever we can add a bit of sparkle, we will."

Every wedding has a budget, Centner says, but "people are demanding a higher level of experience. It's our special day. Why should we skimp?"

So goodbye rubber chicken and fruitcake; hello molecular cuisine that uses chemical processes to create unique food variations, and elaborate candy buffets for take-home goodies.

Food pods and lounge furniture are taking precedent over formal seating, says Centner, for a more sociable event.

Green may be the growing trend, but watch out for the colour purple. It's the "in" colour this fall, says Centner, and will be popular in wedding decor.

EATERTAINMENT HOSPITALITY PHOTOS

Fallen tree trunks can be fashioned as charger plates and portabello mushrooms, below left, can be used as placecards, says Sebastien Centner, director of Eatertainment Hospitality.

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Rock the reception

Newlyweds adding personal flair to event

Not all couples are leaving the entertainment on their big day solely to a DJ or live band — some are getting in on the action themselves.

PHOTOS BY DISCOVERY COMMUNICATIONS LLC

Led by Rock The Reception choreographer Tabitha, centre, Robin Gilbert and Corey Rogers practise their reception dance routine.

Whether it's the first steps into the hall or onto the dance floor, some just-married couples are sprinkling an added dash of personal flair to the festivities, incorporating everything from choreographed dancing to pyrotechnics designed to wow their wedding reception guests.

Natasha Horrelt knew she wanted to find a way to infuse her South African heritage into her July wedding in Edmonton while leaving a lasting impression on the guests — and her husband, Kevin, was game.

As guests took their seats awaiting the couple's arrival, they had no idea the reception would kick off with a bang — literally.

"The drums just started. It was almost deafening. You could feel it. It pulsed through you," said Horrelt.

The newlyweds were escorted into the ballroom by an African drum and dance group performing a South African wedding song. Horrelt said the reaction of their 67 guests was "priceless."

"All throughout my honeymoon, I kept getting e-mails and e-mails from people saying it was the best wedding they'd ever been to, and it was the most interesting grand entrance, and that they really felt like they were a part of another culture," she said.

Jolyn Saramaga, president and lead wedding planner of Nuance Occasions in Edmonton, helped the Horrelts arrange their grand entrance, which she said is one of the easiest ways to help couples add some flair and personality to the day.

"There's no end or rules to what we do with grand entrances, so it gives us quite a bit of creative freedom," she said.

Saramaga said the recent explosion of unique first dances seen in online videos and reality TV have also lent credence to the idea that anything goes.

A wedding party's rendition of the ghoulish group dance in Michael Jackson's Thriller video has racked up millions of hits on YouTube.

Fernando Mills said it was seeing the Thriller takeoff that helped in part to inspire the TLC program Rock The Reception. The television series follows engaged couples learning and performing an elaborate first wedding dance.

Mills, who is executive producer of the show, said there is a desire among couples tying the knot to do something at their wedding that's one-of-a-kind.

"You can see it's not just in the dance," he said from Los Angeles.

"Everyone wants their day to be special and unique and I think it's more of a desire to give something back to their guests." THE CANADIAN PRESS

Reduce stress

For many couples tying the knot, headaches and stress are unavoidable. From budgets to seating charts, dresses to flowers, it can be strenuous ensuring all the details are perfect. Here are some tips to reduce stress:

- **Be prepared and organized.** Start planning as early as possible. Establish a reasonable budget and timeline at the beginning to avoid putting undue pressure to meet unrealistic goals.
- **Communicate and delegate.** Family conflicts can be a major source of headaches. By communicating expectations and establishing boundaries, you can reduce the potential for friction. Wherever possible, delegate tasks to trusted friends and family members, so that the bride and groom are not shouldering the whole load. Hiring a wedding planner can help.
- **Relax.** Set aside time to relax and let off steam. Try going for a massage or a day at the spa.
- **Sleep.** Don't let your to-do list interfere with your sleep schedule. Being well-rested will reduce the likelihood of headaches.

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McCartney pens song for new gal
Sir Paul McCartney has written a love song for his girlfriend Nancy Shevell that will reportedly be on his new album.
FEMALEFIRST.CO.UK

Entertainment

Too explicit!
Seth Rogen was forced to cut a hardcore drug scene from his new movie Pineapple Express because the footage was deemed too explicit for British viewers. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

The menu for TIFF

STEVE GOW
for Metro Canada

The Toronto International Film Festival is a lot like a great meal.

It can be daunting at first, but as you slowly work your way through tasting and savouring each course, you are treated to new delights. Sure, you might get a bit bloated if you ingest too much, but by the time the desserts are served, you're truly content. Here's our look at an ideal four-course meal for TIFF:

APPETIZERS:

There are always plenty of subtle buzz-worthy dramas to ease you into your TIFF experience.

Wendy and Lucy

In this American drama, Michelle Williams plays a runaway who loses her one true love — her dog. Bittersweet, but not too overbearing.

Rachel Getting Married

Anne Hathaway (The Devil Wears Prada) is getting great praise for her role in this rich drama that celebrates the "resilience of family."

Happy Go Lucky

Filmmaker Mike Leigh (Vera Drake) isn't known for making "happy" movies, but this is a fantastic warm-up for the wonderful auteur.

FIRST COURSE:

Burn After Reading

It's got a great cast (George Clooney, Brad Pitt and more) and with the Coen Brothers (No Country for Old Men) in charge, it should be satisfying.

RocknRolla

Guy Ritchie (Snatch) returns to his milieu with a complex action pic complete with fast-talking gangsters and double-crosses. Pay attention to this one.

Waltz with Bashir

This animated documentary about the filmmaker's search to uncover his memories of the Lebanese war will satisfy those craving something a bit heavier.

ENTREES:

Passchendaele

One of the most expensive Canadian films made, this should look amazing. Better yet, it deals with one of the most important World War One battles in Canuck history. All your essential nutrients.

The Hurt Locker

A riveting movie about an elite bomb squad in Iraq, this is a suspenseful action-flick with plenty of substance.

Che

Steven Soderbergh's (Traffic) two-part, four-plus hour biopic of Argentine revolutionary "Che" Guevera will be meaty fare for the hungry.

DESSERT

Time to sweeten the mood with something slightly lighter.

Ghost Town

An easy adult comedy starring Ricky Gervais (TV's Extras), this entertaining movie will lighten the mood after those controversial art films.

CHRIS LARGE PHOTO

Passchendaele opens the Toronto International Film Festival. The event kicks off tomorrow.

Religulous

Funnyman Bill Maher takes a hilarious eye-opening jaunt around the world to ask the simplest of questions — is there a God? Excellent for after-dinner conversation.

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Author recovers after eating poisonous mushrooms

Nicholas Evans, the author of the best-selling novel The Horse Whisperer, and his wife Charlotte are in stable condition in an Aberdeen, Scotland, hospital after they mistakenly ate poisonous mushrooms. IMDB.COM

U.K. museum buys Stones' lips art

MUSIC Mick Jagger's pout is officially fit for a museum.

London's Victoria and Albert Museum announced yesterday that it bought the original artwork for The Rolling Stones' famous "lips" logo, inspired by the singer's mouth. The museum said it bought the work at an auction in the United States for $92,500 US.

THE ASSOCIATED PRESS

Big screen hits and misses

Dark Knight delivered, Love Guru disappointed

BRIAN COULTON
for Metro Canada

Like a long-weekend barbecue, this past summer movie season delivered a smorgasbord that featured some inevitable winners and losers. There were thick, juicy grilled steaks like The Dark Knight ... and then there was the rank potato salad of The Love Guru.

So, as summer winds down, Metro looks back at some of these small victories and big flops, helping narrow down your autumn DVD rental/illegal Internet streaming choices.

Not happening — Up there with aliens and dead people, M. Night Shyamalan's The Happening pinpoints humankind's next logical fear: nature fighting back! In a laughable hour and a half of watching "Marky" Mark Wahlberg run from trees and grass, Shyamalan tries to stay hip by addressing today's concerns of climate change through the thriller movie medium. The Happening fails in story, acting, concept and pretty much every avenue of suspense and Wahlberg's performance is less exciting than a Funky Bunch reunion.

Brotherly love — Will Ferrell resurrects his love-hate bromance with John C. Reilly in the hilarious Step Brothers. The duo prompts guffaws with their portrayal of grown men living at home, creating the hell for their parents children from five through 25 typically do. Ferrell expresses exaggeration without going over the top, bringing us back to his Zoolander days.

Trade in the Ford — Oh, how Harrison Ford must need a paycheque. Along with Shia "Handy" LaBeouf, whose tabloid presence trumps any acting attempts, Indiana Jones and the Kingdom of the Crystal Skull sees the duo trudge through the jungle on a journey to replace an ancient quartz skull to its home. As if the introduction of interdimensional aliens wasn't enough of an indication that this franchise has seen one too many renewals, Jones's secret lifesaving weapon — a refrigerator — surely is.

The Dark Knight was the summer's undisputed box office champ.

Knight is king — Even if you detest action films and/or comic book adaptations, it's difficult to knock The Dark Knight. While Christian Bale's Batman sounds like a cross between Yoda and Godfather, Don Corleone, at least Heath Ledger's Joker pulls a posthumous punch as the film's antagonist. At times chillingly un-Ledger-like, his performance sets a certain villainous precedent for future arm hair-raisers. Matched with thrilling cityscape and action segments, The Dark Knight is the summer blockbuster king and second only to Titanic for highest all-time North American box office gross.

Chopra wannabe — If there was any laughter by this critic at the cinema, it was at himself for being so foolish to even dish out the Tuesday discount rate for Mike Myers' The Love Guru. The film sees Myers as Guru Pitka, trying to crack the American self-help industry. The Guru is unfunny, an unparalleled character to Austin Powers and simply unfortunate. With childish genital jokes (that wouldn't even crack a smile in private) and awkward-in-a-bad-way comedic attempts by Jessica Alba and Justin Timberlake, The Love Guru is less than transcendental. Even when its use of the Toronto Maple Leafs should cause CanCon slaver, The Love Guru pokes fun at Canadians worse than a Just For Laughs Gags marathon.

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Group to protest at Holmes' debut
An anti-Scientology group plans to stage a protest when actress Katie Holmes debuts on Broadway in All My Sons on Oct. 16. "We want to draw attention to Scientology, and hopefully get Katie out of it before it's too late," a spokesperson said. IMDB.COM

Constantines let out hard feelings

BRIAN TOWIE
brian.towie@metronews.ca

The Constantines have hard feelings, but in a good way.

It's more of a boast about strong passions than a bleak outlook, says guitarist Steve Lambke, who believes that anything worth doing is worth doing with gusto.

It may explain why the indie rockers' latest opus Kensington Park (where they declare their emotional state on opening track Hard Feelings) topped the national campus radio chart after it dropped in April.

"We've just got a lot of hard feelings about everything," says Lambke. "But that's positive, having strong feelings. It's a bold statement, like a declaration, not a lament. It's better to have 'hard' feelings than not feel anything."

The band bravely follows its own eclectic vision: Kensington features primarily ominous, boiling rock tones and gritty vocals on tracks such as Credit River and Trans Canada, earning them favourable comparisons with Nick Cave, The Clash and Bruce Springsteen. But the album's gentler side still retains its edge (Do What You Can Do).

There's a reason behind it, says Lambke. The band set out to pen a punk collection that would outrock 2003's Shine A Light and 2005's Tournament of Hearts. The songs evolved after constant jamming.

"We wrote it the same way we wrote the other ones: a lot of hanging out. And every day someone walks in with something more complete or more formed and then we work from that," he adds. "What often happens is when you play a song a lot, someone takes it in a different direction. It's a balance: sometimes the best thing you can do to a song is to f--- it up a little bit, you know?"

The Constantines also did some successful collaborative meddling with Leslie Feist on a cover of Kenny Rogers and Dolly Parton's duet Islands In The Stream. The indie sensation paired with lead singer Bryan Webb on the single, which was released alongside Kensington. Expect another team-up in the future, Lambke says, though exactly when is anyone's guess.

"It's a matter of finding the time. She's a pretty busy lady as I'm sure you can imagine," he laughs. "She was hoping we'd do a rock song and we did this moody thing. But she told us that if we ever wanted to do a loud song to give her a call. I think we'll take her up on it."

see it live

- Constantines will play the Virgin Festival on Toronto Island on Saturday. For ticket and event details visit virginfestival.ca.

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Cruise mulls more comedic roles

Actor Tom Cruise is reportedly keen to trade in his screen legacy as an action hero for more comedic roles after making a cameo appearance in new war comedy Tropic Thunder. IMDB.COM

Not worth the cost of Diesel

Babylon A.D. trashed by its own director

STEVE GOW
for Metro Canada

Babylon A.D.
Director: Mathieu Kassovitz
Stars: Vin Diesel, Michelle Yeoh
Classification: 14A
Rating: ½

REVIEW Set in a dystopian future, Babylon A.D. stars Vin Diesel as Tooroop, a mercenary who, after sitting down to a nice furry-animal stir-fry, is kidnapped and bribed to escort a young woman (who's either the new Messiah or infected with a deadly virus — we ain't sure) from Russia to America.

Partnered with her chaperone (Michelle Yeoh), the trio hitches a ride on an old submarine, elude cultists and even outrun supersonic jets on ski-doos.

Awkward as that sounds, this film once held a lot of promise. The story carries similar themes of such post-apocalyptic fare as Children of Men and Blade Runner; the film looks impressively-designed and it was co-written and directed by Mathieu Kassovitz who made the stunning 1995 film La Haine (see it if you haven't). So, why then, is it such a mess?

Firstly, although Diesel has never been known for his subtlety, in this, he makes Stephen Dorff look like Benicio del Toro. Still, I could've gotten by that if all the action sequences — which are the bait of a movie like this — didn't look like they were filmed by an epileptic orangutan.

According to Kassovitz (who trashed the movie himself), the studio interfered with the production and even had the film chopped down to 90 minutes. He's described it as violent, stupid and said it looked like a "bad episode of 24." Trust me — take his word for it.

Actor Vin Diesel makes Stephen Dorff look like Benicio del Toro in the new movie Babylon A.D.

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Kruger takes Tarantino role
Diane Kruger has joined the cast of Quentin Tarantino's upcoming film Inglorious Bastards. She will play Bridget Von Hammersmark, an actress who gets caught up in a plot to attack the Nazis. **FEMALEFIRST.CO.UK**

Sometimes life imitates TV

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

PALINDROME: Republican presidential candidate John McCain's choice of Alaska governor Sarah Palin as his running mate has fuelled a media frenzy that hasn't exactly been edifying to watch. First of all there was a seedy rumour suggesting that Palin had faked her recent pregnancy to cover for her oldest daughter's maternity, a rumour that was duly rubbished when news broke that the same 17-year-old daughter was actually pregnant.

The first breathless rumour was actually a plotline from the recent season of Desperate Housewives, and it's not the only attempt made in the last week to describe Palin and McCain with a vocabulary of TV metaphors. The Boston Globe ran a "separated at birth" comparison between the Republican candidates and Col. Tigh and President Lara Roslin from Battlestar Galactica, which was kinda clever when you looked at four carefully chosen photos placed next to each other, and contemplated the whole "junior member of executive branch suddenly thrust into position of leadership" meme that seems to fascinate everyone. Of course, you'd have to overlook the inconvenient childlessness of Roslin versus the apparent superfecundity of Palin, and try to forget that McCain has both of his eyes, hasn't killed his wife for spying, and isn't a Cylon. But don't try to tell that to the Democrats. Frankly, this is all getting too geeky for me — let's move on.

Next in line was writer and producer Rod Lurie speculating to the Hollywood Reporter that the Republican party owes him a credit for the McCain/Palin ticket, as it's an eerie echo of Commander In Chief, his ABC series starring Geena Davis as the first female president that was cancelled during its first season three years ago.

"It's unbelievable isn't it?" said Lurie. "I think that Geena and I need to be paid royalties by the Republicans."

Lurie, an Obama supporter, should have paused before hitting the cocky button, since his prophetic role is dependent on McCain winning and dying in office, necessitating the unprecedented swearing-in of his vice-president. It would also help if Palin was a liberal Democrat, parachuted in to support a weak Republican campaign, and not a pro-life, pro-gun Republican like Palin.

During its brief lifespan, Commander In Chief was both celebrated and criticized for being preemptive propaganda for a Hillary Clinton presidential run that was once presumed to be a sure thing — it seems like so long ago now, doesn't it? Of course, if you buy Lurie's logic, he should be paying royalties to Geraldine Ferraro.

Rick McGinnis writes about music, movies, books and television, but not opera.

JOE RAEDLE/GETTY IMAGES

Republican presidential candidate John McCain's choice of Governor Sarah Palin as his running mate has fuelled a media frenzy.

Hollywood's top voice dies at 68

DEATH Voiceover legend Don Lafontaine has died after suffering from a collapsed lung, imdb.com reports. The dramatic star, known as the King of Voiceovers, died at Los Angeles' Cedars-Sinai Medical Center on Monday, aged 68. During his lengthy career, Lafontaine lent his booming vocal chords to more than 5,000 movie trailers and 300,000 radio and TV commercials, including advertisements for corporate giants such as McDonalds, Coca-Cola and Budweiser. His signature introductory phrase began with the words, "In a world where ..."

METRO NEWS SERVICES

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TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/3/08	265	353	2	TVO	The Life of Birds		The Agenda With Steve Paikin		The Whistleblowers		Human Edge		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	Bones "Yanks in the U.K." (N)				NCIS "Judgment Day"		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	22 Minutes	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Secret Life of American Teen		Hell's Kitchen		Rock of Love-Bret Michaels		News (N)
	212	313	8	CTV	eTalk	Hollywood	Law & Order		Criminal Minds "In Heat"		CSI: NY "Consequences"		News (N)
	218	345	11	E!	The Insider (N)	E! News	Greatest American Dog		Janice Dickinson Modeling		True Hollywood Story		News (N)
	137	763	13	TFO	Panorama été	Jardins	Destination Nor'Ouest (SC)		*Un honnête commerçant* (2002, Drame policier)			Les Gens de...	Tournants
	-	-	14	-	Cold Case		News (N)		News (N)		2Half Men	King	Cold Case
	213	326	15	SUN	Becker	George Lopez	*Double Vision* ★★ (1992, Mystery) Kim Cattrall, Gale Hansen.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	Greatest American Dog		Criminal Minds "In Heat"		Republican Convention		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent (Live)				Republican Convention		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Wife Swap		Supernanny		Republican Convention		News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	America's Next Top Model (Season Premiere) (N)				To Be Announced		News
	-	-	28	FOX	Judge Judy	Two/Half Men	Bones "Yanks in the U.K." (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Mulberry	Republican National Convention Coverage of the Republican National Convention.						Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	America's Next Top Model (Season Premiere) (N)				CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil		WBZ News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Next Model
news	502	390	26	NW	CBC News	Politics	The Hour		CBC News: The National		Anatomy of an Earthquake		National
	500	500	33	CNN	(6) Republican National Convention Coverage of the Republican National Convention.								
	509	504	79	CNB	Kudlow & Company		On the Money		Asia Squawk Box		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	MLB Baseball Minnesota Twins at Toronto Blue Jays. From Rogers Centre in Toronto. (Live)						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	U.S. Open Tennis Quarterfinals. (HDTV) From the USTA National Tennis Center in Flushing, N.Y. (Live)								SportsCentre
	411	457	58	OLN	Ed's Up	Videos	Off the Grid			Word Travels	Word Travels	Globe Guides	Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)
family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Robot Chicken	Daughter-Devil
	556	540	51	FAM	Wizards-Place	That's-Raven	The Suite Life	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Grocery Bag	What You Eat	Supersize vs. Superskinny (N)		Gok's Fashion Fix (N)		Style by Jury
	570	580	29	MM	Legally Blonde		disBand	Technical Diff.	PunchMuch		Legally Blonde		The Shift
	615	520	31	A&E	CSI: Miami		Dog the Bounty Hunter		Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel
	700	800	35	TLN	Centrovetrine	Sky TG 24	La Figlia di Elisa Ritorno a Rivombrosa				Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Popaganda "Skinny 911"		Back In	Listed		Brooke Knows	Revival	Party of Five
	575	583	38	CMT	CMT30 "Craven 2008"		Beyond Chance		Reba	Hope & Faith	Home Improve.	Home Improve.	Totally
	616	521	39	SHO	Kink in Hair	Kink in Hair	Billable Hours	Billable Hours	Durham County (HDTV)		The Riches (N)		House
	620	523	40	BVO	Literature Alive	Arts & Minds	Wingfield	Camera	Mad Men "The Wheel"		Entourage	Bravonews	Law & Order
	601	562	41	SLC	End of Leash	ET Canada	X-Weighted "Sharla"		Work Out		Inside Hollywood		X-Weighted
	522	506	43	HIS	NCIS "Escaped"		Cities of the Underworld		The Real Treasure Island		NCIS "Escaped"		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	RENO 911!	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Property Shop	Big City Broker	Property Virgin	Unsellable	Flipping Out "Sell Out"		Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	*The 6th Day* ★★ (2000, Science Fiction) Arnold Schwarzenegger.					Seinfeld	Friends
	576	582	49	BET	106 & Park	Access	*Ride* ★★ (1998, Comedy) Malik Yoba, John Witherspoon.				Comic View	Comic View	*Ride* ★★
	627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager		Smallville "Apocalypse"		Supernatural		Stargate SG-1
	581	566	52	MTV	Busted	After	Canada's Next Top Model		Step, Repeat	Run's House	Run's House	Run's House	MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld	'70s Show	Family Guy
	603	561	56	FOOD	Road Grill	Licence to Grill	Restaurant Makeover		Iron Chef America		Italian Escape	Italian Escape	Challenge
	261	394	60	V	Murder, She Wrote		Chambers	No Place Like	*Murder, She Said* ★★★ (1961, Mystery) Margaret Rutherford.				Hope Island
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	eTalk	Celebrity Rehab With Dr. Drew		The Tonight Show-Jay Leno		eTalk
	553	546	65	TRE	Wonder Pets	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Marché	Poule-oeufs or	Destinées		Hommage à Jean Lapointe		TVA 22 heures	Sucré-salé	*Complot mortel*
	126	730	102	RDI	RDI en direct sur l'actualité		Grands reportages (SC)		Le Téléjournal (SC)		Élections prés	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		*The Mighty* ★★★ (1998, Drama) Sharon Stone.				Mysterious Ways		Judging Amy
	300	601	301	M1	(7:15) *Free Zone* ★★ (2005, Drama) Natalie Portman.				*No Country for Old Men* ★★★ (2007, Crime Drama)				*Lonesome Jim*
	305	612	306	PIX	(6:40) *Buster's Bedroom* ★★ (1991)			H. Backstories	*The Boston Strangler* ★★★ (1968, Crime Drama)				*High Explosive*

critics'corner

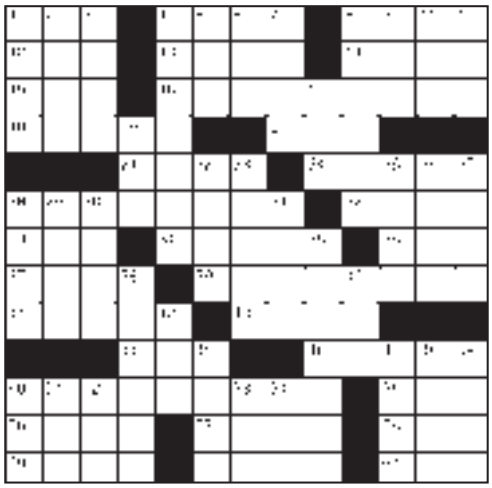
Supersize vs Superskinny
If Morgan Spurlock has a problem with that title, they can always change it to "Trading Plates." In each episode of this new series, a British import, an overweight person switches diets for five days with someone who could stand to put on a few pounds. In the end, each is given a sensible diet to follow, but in the meantime, the idea is to teach them that there are other ways to eat besides too much or too little. Dr. Christian Jessen hosts. 9 PM on W

The Riches
On the road again? Can he get back to you? The second season of this acclaimed drama series about a family of Irish Travellers masquerading as normal folks begins with Wayne (Eddie Izzard) ready to abandon the scam and hit the bricks once more. In fact, he's already sent his family off while he stays behind in Eden Falls to clean up the mess. But the straight life has grown on him, and he's having second thoughts. Minnie Driver also stars. 10 PM on SHO

Winehouse turns to Buddhism

Amy Winehouse, reportedly inspired by fellow singer Tina Turner, has begun to seek solace in the religion Buddhism. FEMALEFIRST.CO.UK

Take Five



Crossword down

1 United nations
2 Sweet-heart
3 Low- — diet
4 Gives
5 Tulsa sch.
6 Car starter (Abbr.)
7 Come in last
8 Sweeney Todd, e.g.
9 Exist
10 Whopper
11 Fellow
17 Couric's employer
19 B&B
22 Cheery sounds?
23 For all to hear
25 Rip
26 Supersoft mineral
27 Upright (Pref.)
28 TV show set in Korea
29 "Simpsons" bus driver
30 Mideast gulf
31 Gambling game
35 Arachnophobe's worry
38 Where to find Sarajevo
40 Inseparable
42 In medias —
45 Wherefores' mates
47 Small amounts
48 Sty cry
49 Picture of health?
50 Crazy
51 — shoestring
52 Peculiar
53 Chit
54 Gist

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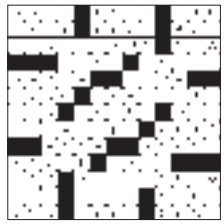
Crossword across

1 Telly watcher's choice
4 Seethe
8 Soother
12 Meadow
13 Therefore
14 Sills solo
15 Rowboat need
16 UV protection
18 Measure for Noah
20 "Chicago" lyricist
21 Mrs. Nick Charles
24 Squabble
28 Michael Jackson move
32 Raise up
33 $ dispenser
34 Footwear
36 Model Carol
37 Impale
39 Screened-in veranda
41 Esteem
43 Slay
44 Stitch
46 Rehab goings-on
50 Still brew
55 Atmosphere
56 "The King —"
57 Majesty preceder
58 "CSI" evidence
59 Arp's style
60 Long sandwiches
61 Firmament

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
An upbeat chat will liven up a meal. Move quickly to calm an offended person. Keep a tight grip on your spending.

TAURUS
APRIL 21-MAY 21
Expect to work hard behind the scenes. A dynamic woman engages in high stakes manipulation. A good-for-nothing guy will make you nutty.

GEMINI
MAY 22-JUNE 21
Get serious about having fun. A radical person drops by. Leap over tall obstacles when the chips are down.

CANCER
JUNE 22-JULY 22
Beautiful advances are made by a humble person. Hold yourself aloof in upsetting situations. An unfair comment will be explained and forgiven.

LEO
JULY 23-AUG 23
Someone is stronger than you feel. An optimistic person will say impulsive things. Your overindulgence will disturb others.

VIRGO
AUG 24-SEPT 22
An unruly group welcomes your interference. You want to romp with someone but plans must be pursued. A special occasion causes excitement.

LIBRA
SEPT 23-OCT 23
A meeting can clear up a misunderstanding. Denial becomes a family concern. Give a gift to someone who is lonely.

SCORPIO
OCT 24- NOV 22
Your past consideration will turn a new page in your life. Resist the temptation to waste time. Be patient when someone backs away.

SAGITTARIUS
NOV 23- DEC 21
Try to focus energy on your money situation. Look for tenderness before boredom sets in. A procrastinator is in denial.

CAPRICORN
DEC 22-JAN 20
Tight spots will be easier to slip out of now. Improve your understanding of relationship woes. You are tired of being stuck in a rut.

AQUARIUS
JAN 21-FEB 18
Your love power is turned back on. Buy yourself some luxuries. A tall man tends to be too intense.

PISCES
FEB 19-MAR 20
A friend is determined to have his own way. Debts may cause minor embarrassment. Don't be wishy-washy about taking action.

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Sudoku

6	7			3		8		1
		5						2
4					2		5	
		9	4		8			
7				9				6
			7		1	5		
	1		5					4
5						9		
3		6		2			1	5

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

3	1	2	4	9	6	5	7	8
9	5	7	3	1	8	4	2	6
6	4	8	7	5	2	3	1	9
1	3	6	5	2	4	8	9	7
8	9	4	6	3	7	1	5	2
7	2	5	1	8	9	6	3	4
4	6	1	9	7	5	2	8	3
2	7	3	8	6	1	9	4	5
5	8	9	2	4	3	7	6	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Toronto weather

Afternoon	Tonight	Thursday	Friday	Saturday
Sunny. 29°	Variable. 18°	Showers. 23°/17°	40% Showers. 23°/18°	Variable. 24°/13°

The Weather Network
theweathernetwork.com

Temperature Normals
High: 24.1°
Low: 12.2°

Records
High: 34.4°/1953
Low: 2.8°/1946

Sunrise: 6:44 a.m.
Sunset: 7:49 p.m.
Moonrise: 11:00 a.m.
Moonset: 9:10 p.m.

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Gibson denies relationship with singer
Actor Mel Gibson has quashed speculation surrounding his love life following reports he has become close to Russian singer Oksana. She is reportedly just a colleague. THE DAILY MAIL

Celebrity Buzz

LeAnn Rimes and husband ready for baby

RELATIONSHIPS With their anniversary fast approaching, LeAnn Rimes and Dean Sheremet knew just how to scratch their "seven-year itch": with a party — and soon, perhaps, a baby, People.com reports.

"We're ready, definitely," says Rimes, adding that they've got some friendly nudging from their pal and new dad Keith Urban.

Says Rimes: "He's encouraging us to start gettin' on it!"

The country star and her husband invited 30 of their closest friends to celebrate their upcoming seventh wedding anniversary — and Rimes' 26th birthday on Aug. 28 – at the Calistoga Ranch in California's Napa Valley.

"We wanted to remember how blessed we are, and how excited we still are about each other," says Rimes, who was just 19 when she wed Sheremet, now 27, on Feb. 23, 2002. (They decided to celebrate early to take advantage of the warm weather and Rimes's birthday.)

The three-day festivities culminated with a seven-course dinner and an evening of dancing on Saturday night.

"My ankles and my feet hurt because I was jumping around on the dance floor so much!" she says.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Piven's 'antics' cost him

CAREER Entourage star Jeremy Piven has been forced to deny his "diva" antics cost him the job of hosting a forthcoming fashion event in New York, imdb.com reports.

The actor hosted Fashion Rocks in 2007 but this year he has been replaced by Rescue Me star Denis Leary, amid rumours that Piven's outlandish demands infuriated staff at last year's event.

A source tells New York Post gossip column PageSix that the star demanded a separate backstage green room and insisted on rewriting the script at the last minute.

"(Piven) was a nightmare," the source says. "And it wasn't even funny. (This year will see) a more trustworthy and mature host."

METRO NEWS SERVICES

Newton refuses film kiss due to illness

MOVIE Thandie Newton refused to film her sex scene with Gerard Butler in RocknRolla because he was ill, femalefirst.co.uk reports. The actress, who plays accountant Stella in Guy Ritchie's new movie, insisted the scene didn't involve her kissing him after she realized how sick Butler was.

METRO NEWS SERVICES

celebrity briefs

No 90210 reunion for Thiessen

PEOPLE Former Beverly Hills, 90210 actress Tiffani Thiessen has no intention of joining her old castmates on the set of the new spin-off show — insisting she has moved on, imdb.com reports. The star played Valerie Malone in the hit U.S. teen series alongside Shannen Doherty.

METRO NEWS SERVICES

Pregnancy cravings for Rebecca Romijn

HEALTH Forget pickles and ice cream. Rebecca Romijn has her own unusual pregnancy cravings, People.com reports. "Lemonade always has to be in our fridge," said husband Jerry O'Connell.

METRO NEWS SERVICES

No rush for Justin

MARRIAGE Justin Timberlake is in no rush to wed girlfriend Jessica Biel, according to his former 'N Sync bandmate Joey Fatone, femalefirst.co.uk reports.

The singer has been romancing the actress since early last year, when she joined him at the Sundance Film Festival in Utah.

But according to Fatone, Timberlake isn't planning to wed Biel in the near future, despite taking their relationship much more seriously than his former flames.

"I think he finally met somebody that he wants to spend the rest of his life with," Fatone says. "You never know (about an engagement), but I don't know if it's the appropriate time right now. You know what, I think he is just playing it by ear. If it ain't broke don't fix it."

Biel herself appears to be in no rush to walk down the aisle. Adding to Us Weekly in a recent interview, she says: "The actual idea of signing those papers and doing all this stuff... I've never been someone who's like, 'I have to, have to, have to have it."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Justin Timberlake isn't in a rush to wed his girlfriend **Jessica Biel**. Duly noted. So I've been watching my mailbox for an invitation lately in vain. I'm not going to fooled by JT again, after those years with **Cameron Diaz** came to naught. It's fairly clear that his people want you to believe he's not the marryin' kind, he's too busy bringin' sexy back, whatever that means. Kind of a **Frank Sinatra** but with more hair and less Nelson Riddle Orchestra.

What really interests me about this story is that **Joey Fatone** is the messenger. What's Joey really thinking as he relates this news? Is he happy the press still talks to him? Is he thinking this is a role he has to accept in life, being the 'N Sync band guy who people ask about Timberlake? Is this all because his name spells out "fat one?"

Fatone says "... if it ain't broke don't fix it" about JT's relationship with Biel, but he should know that something is broken, and it's his career. He should be asking his people when he's going to be the guy they're talking about in connection with some impossibly hot starlet.

He's got to stop taking those calls that say, "Joey, we need you to talk to a reporter to deny that Timberlake is cheating."

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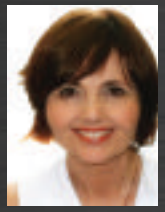

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*"7 vehicles under $17,000" based on the cash purchase price of $9,995/$11,245/$11,995/$12,495/$15,795/$16,595/$14,995 which includes a cash rebate of $3,600/$2,750/$4,000/$4,000/$6,100/$3,400/$6,700 based on an MSRP of $13,595/$13,995/$15,995/$16,495/$21,895/$19,995/$21,695 for the 2008 Rio EX MT (RO5428)/2008 Rio5 MT (RO5528)/2008 Spectra LX MT (ST5418)/2008 Spectra5 LX MT (MS5418)/2008 Magentis LX MT (MS5418)/2008 Rondo LX AT (RN7518)/2008 Sportage LX MT (SP5518). ◆Cash purchase price for 2008 Sportage LX MT (SP5518)/2008 Sedona LX (SD7528)/2008 Rondo LX AT (RN7518) is $14,995/$19,995/$16,595 and includes a cash rebate of $6,700/$9,750/$3,400 based on an MSRP of $21,695/$29,745/$19,995. License, registration, insurance, dealer administration fees, delivery and destination fees and taxes are excluded. §0% purchase financing available on select 2008 Rio/Rio5/Spectra/Spectra5/Rondo/Magentis/Amanti/Sportage/Sedona/Sorento models for a term of up to 48/48/72/72/60/72/24/72/60/48 months O.A.C. (term varies by model). Offer available on financed transactions only. Purchase financing example: $10,000 at 2.9% purchase financing equals $179 per month for 60 months; cost of borrowing (C.O.B.) is $755 for a total obligation of $10,755. Monthly payment and C.O.B. will vary depending on amount borrowed, the term and down payment and/or trade. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. ‡Highway/city fuel consumption for 2008 Sportage LX MT is 7.8 L (36 MPG)/10.4 L (27 MPG); 2008 Rondo LX is 7.5 L (38 MPG)/11 L (26 MPG) per 100km. The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ††NHTSA (National Highway Traffic Safety Administration) test results. Visit www.safercar.gov for full details. ◇2008 Sedona awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. ‡Green Score for Kia Rondo based on automatic transmission specification within its segment. Refer to GreenerCars.org for full details. ▼Conditions may apply to the $750 Kia Mobility program. See dealer for details. ✚Some conditions may apply to the $500 Grad Rebate program, see dealer for details. ✚Some conditions may apply to the $750 Kia Mobility program. See dealer for details. ▼Kia's "Worry-Free Comprehensive" warranty covers most vehicle components against defects occurring under normal use and maintenance conditions. Price, availability and specifications are subject to changes without notice. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends September 30, 2008. KIA is a trademark of Kia Motors Corporation.